

LEISURE TIMES

Your Guide to Columbia's Recreational Opportunities



SPRING/SUMMER 2022 ISSUE

Registration Begins: March 2, 2022 • Online Registration: March 1, 2022

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WE ARE HIRING!

Join Our Team



PARKS AND RECREATION OFFERS A VARIETY OF SUMMER JOBS, INCLUDING:

- Lifeguards
- Swim Instructors
- Grounds Crew
- CARE
- Golf Course Attendants
- Park Workers
- Camp Counselors





VISIT

gocomojobs.com
for a full list and application.



General Information

PARKS & RECREATION FREQUENTLY CALLED NUMBERS

PARKS & RECREATION MAIN OFFICE	#1 SOUTH 7TH	573-874-7460
RECREATION HOTLINE/CANCELLATIONS		573-874-7663
NON-EMERGENCY - RANGER		573-442-6131
ACTIVITY & RECREATION CENTER (ARC)	1701 W. ASH	573-874-7700
PARK MANAGEMENT CENTER	1507 BUSINESS LOOP W.	573-874-7201
HILLCREST COMMUNITY CENTER	1907 HILLCREST DR.	573-874-7475
ARMORY SPORTS CENTER	701 E. ASH	573-817-5077
CARE	701 E. ASH	573-874-6300
COMMUNITY RECREATION	701 E. ASH	573-817-5077
PAQUIN TOWER/ADAPTIVE RECREATION	1201 PAQUIN ST.	573-554-7042
PERMITS, LEAGUES AND SHELTER RESERVATIONS	#1 SOUTH 7TH	573-874-7460
RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK	1615 BUSINESS LOOP 70	573-449-1925
SPECIAL OLYMPICS	1701 W. ASH	573-874-7312
LIFE ENRICHMENT CLASSES	1907 HILLCREST DR.	573-874-7636
SOCIAL ACTIVITIES	1907 HILLCREST DR.	573-874-7475
ALBERT-OAKLAND FAMILY AQUATIC CENTER	1900 BLUE RIDGE RD.	573-474-5331
ARC INDOOR POOL	1701 W. ASH	573-874-7700
DOUGLASS FAMILY AQUATIC CENTER	400 N. PROVIDENCE RD.	573-442-5019
HICKMAN POOL (INDOOR POOL)	1104 N. PROVIDENCE RD.	573-874-7476
LAKE OF THE WOODS POOL	6700 E. ST. CHARLES RD.	573-474-7878
L.A. NICKELL GOLF COURSE	1800 PARKSIDE DR.	573-499-GOLF
LAKE OF THE WOODS GOLF COURSE	6700 E. ST. CHARLES RD.	573-499-GOLF



Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3500 acres of parkland, 60 miles of trails, and 75 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson. Non-emergency number is 573-442-6131; call 911 for emergencies.

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Rental & Program Facilities

CoMo.gov (search: Rentals)

Activity & Recreation Center (ARC)

1701 W. Ash St. • 573-874-7700, see page 9

Armory Sports and Community Center

701 E. Ash St. • 573-817-5077

Community Recreation programs, the CARE Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

Douglass Park Amphitheater

400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 573-874-7460

\$50 per day.

Hillcrest Community Center/Moss Building

1905/1907 Hillcrest Dr. • 573-874-7475

Moss rental available for groups of 100 people or less, \$38 per hour plus \$200 deposit. Life Enrichment classes, preschool programs, 50+ programs, Osher@Mizzou.

Maplewood Barn

2900 E. Nifong • Call 573-874-7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 573-874-7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$40 for building, Garden rental via special use permit, \$100 deposit.

Paquin Tower

1201 Paquin St., Ste. 102 • 573-874-7473

Riechmann Indoor Pavilion at Stephens Lake Park

2300 E. Walnut • 573-874-7460

For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, \$300; Monday-Thursday, 8a-11p, \$400; Fri, Sun, 8a-11p, \$595. Sat/Holidays \$650. Deposit \$200.

Rock Quarry Park House

2002 Grindstone Parkway • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.

Stephens Lake Amphitheater

100 Old 63N • 573-874-7460

Call for information or to rent.

Waters House

2104 Hillcrest Dr. • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.



General Information

SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$45, \$60 or \$70 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 5 for other facility rentals. Cosmo Park and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p.

RETURNED CHECK FEE

The City of Columbia will assess a \$25 service charge for every check or EFT returned for insufficient funds.

FEE PAYMENT

Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

CLASS REFUND POLICY

1. Refund at the request of the participant:
 - a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a \$5 administrative fee per participant. No refunds will be given for \$5 or less.
 - b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
 - c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
 - i. A physician's statement of the illness and dates is presented.
 - ii. The request is received no later than 7 days after seeking treatment.
 - iii. A full refund will be granted if the request is received prior to the start of class.
 - iv. A pro-rated refund will be granted for the classes missed due to the illness.
2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

GIFT CARDS

Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 874-7460 to purchase a gift card with a credit card.

PHOTOGRAPHY

Frequently the City of Columbia takes photos or video of people enjoying facilities and programs. These photos are for promotional and marketing materials. They are used at the city's discretion and become its sole property.

YOUTH FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA's free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally \$37.50) can be obtained for either \$7.50 or \$15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available on-line at www.CoMo.gov. All applications must include proof of income and residency and should be turned in at the downtown office.

ADULT FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for adults who are 18 and over and live in the City of Columbia. The guidelines are similar to the youth program. Eligible participants receive a discounted 20-pass card to the ARC with the possibility of upgrading it to an annual pass based upon usage.

YOUTH RECREATION SCHOLARSHIPS

Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

PICNIC PACKS

Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-come, first-served. Cost is \$10 with \$20 deposit.

Five Ways to Register:

1. **Online:** Go to www.CoMo.gov
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Activity & Recreation Center

Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. All pass holders (Annual, Multiple, & Daily) will have access to the indoor leisure pool, gymnasium, indoor track, cardio/strength training zones, and changing rooms at no additional charge. Pass holders will also have access to a variety of group exercise classes such as step, Zumba and/or body conditioning, as well as basic aquatic fitness classes. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

MEMBERSHIP FEES

YOUTH ADMISSION - AGES 2 TO 17

Daily	\$3.75
Multiple Pass (20)	\$56.25
Annual Pass	\$203.00
Monthly Installment*	\$19.50
30 Day Pass	\$25.50
After School 3pm-6pm daily	\$2.75

**This option is only available with monthly electronic funds transfer (EFT).*

No contract but requires 30 day written notice to cancel.

ADULT ADMISSION - AGES 18-59

Daily	\$6.00
Multiple Pass (20)	\$90.00
Annual Pass	\$359.00
Monthly Installment*	\$34.50*
30 Day Pass	\$40.50
Adult plus one Annual+	\$467.00**
Adult plus one Monthly*+	\$44.75
Adult plus one 30 Day Pass+	\$54.75

**This option is only available with monthly electronic funds transfer (EFT).*

No contract but requires 30 day written notice to cancel.

***Second person can be another adult, senior or youth senior.*

FAMILY ADMISSION - UP TO 5 PERSONS**

Daily (up to 5 persons)	\$15.25
Additional Dependent Family Member (ADFM)	\$2.00 ea
Annual Pass+	\$574.00
Annual Pass ADFM	\$28.75 ea
Monthly Installment*+	\$52.75*
Monthly ADFM	\$2.75 ea
30 Day Pass+	\$58.75

**This option is only available with monthly electronic funds transfer (EFT).*

No contract but requires 30 day written notice to cancel.

SENIOR ADMISSION - AGES 60 & OVER

Daily	\$3.75
Multiple Pass (20)	\$56.25
Annual Pass	\$225.00
Monthly Installment*	\$22.50*
30 Day Pass	\$28.50
Annual Senior Couple+	\$292.50
Couple Monthly Installment*+	\$29.25
30 Day Couple Pass+	\$35.25

**This option is only available with monthly electronic funds transfer (EFT).*

No contract but requires 30 day written notice to cancel.

***A family group is defined as a max of two adults and up to three children or dependents residing at one residence. "Dependent" has the same meaning as "dependent" under federal income tax law.*

+All multiple person memberships require that the members reside at the same household address.

GROUP RATES

Special rates are available for groups of 20 or more. Please call at least two weeks in advance to make a reservation.

MONTHLY PAYMENT OPTION

Economical monthly payments can only be made through an electronic funds transfer (EFT) from your checking or savings account. Withdrawals will be made on the 15th of the month. Your membership will continue until you notify us in writing. Monthly auto-debit memberships can be canceled with written notice. Cancellations must be received by the last day of the month to avoid another payment. A 30-day pass is also available.

FINANCIAL ASSISTANCE

Columbia Parks and Recreation Department has a financial assistance program to enable Columbia youth and adults who qualify for financial assistance to participate in our programs.

YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 8 for details. 12-13 year old Youth Fitness orientation for upstairs access.

MEMBERSHIP ELIGIBILITY

Everyone is eligible for membership at the ARC, including those residing outside of the Columbia city limits, at the same economical prices.

HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call (573) 874-7700 and we will send you a membership application.

AMENITIES

- | | |
|--|--|
| ✓ Cardio/Strength Training Zones | ✓ Group Exercise Room |
| ✓ Gymnasiums | ✓ Hydro Therapy Pool |
| ✓ Indoor Walking/Jogging Track | ✓ Kid Zone-Stay & Play Area for Children |
| ✓ Meeting Rooms and Classroom | ✓ Spinning Room |
| ✓ Triple Loop Water Slide, Lazy River & Vortex | ✓ Youth Training Room |
| ✓ Zero Depth Entry/Water Play Features | |

ARC HOURS OF OPERATION

MONDAY-FRIDAY: 5:30a-9:30p | SATURDAY: 7a-6p | SUNDAY: 9a-6p

HOLIDAY HOURS

Memorial Day, May 30: 9a-3p

Independence Day, July 4: 9a-3p

For pool hours, see page 15



WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

KID ZONE CHILD CARE

The Kid Zone, an on-site babysitting service, is available for children ages 6 months to 10 years of age so that parents or guardians will have the opportunity to enjoy the services and programs offered at the ARC. There is a maximum two hour visit per child. The parent or guardian must remain in the facility while the child is utilizing this service. An outdoor play area will be available on nice days.

HOURS OF OPERATION

Monday - Friday	8am-12pm & 4:30-7:30pm
Saturday	8am-12pm

FEES

Annual Passholder	
Single Visit	\$2.25 per child
Punch Card	\$40.00 for 20 visits
Non-Passholder	
Single Visit	\$3.00 per child

MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.

First Child	\$20/month
Subsequent Children	\$10/month

MEETING ROOMS

The ARC has 2600 square feet of multipurpose space that is equipped with two retractable walls. This will allow us to divide the room into several configurations. These rooms are available for rent and are ideal for business meetings, banquets, wedding receptions and other special events.

DAILY LOCKERS

Lockers are available for daily use only. Users must remove their lock and belongings daily. At the daily closing of the ARC, all locks and belongings will be removed and placed in lost and found. Locks are available for rent at the Guest Services Desk.

YOUTH TRAINING ROOM

Seven Olympic platforms, circuit, dumbbells, squat stations, jerk boxes/pull boxes, and cardio equipment. Adults may utilize for Olympic weightlifting or power lifting.



.... **THE ARC RECOMMENDS** leaving all valuables at home. However, if you bring valuables, we suggest utilizing a locker to store your items safely. The ARC is not responsible for lost or stolen items.

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. See our youth fitness orientation for ages 12-13.

WALKING/JOGGING TRACK

Walkers and joggers alike will benefit from the rubberized track as it winds through the gym, cardio/strength training zones and Water Zone. 6 1/2 laps = one mile.

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate pickleball, basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

ARC PRACTICE COURT RENTALS

Courts available for rent on Sundays after 6pm. Full payment due at time of reservation. Fee is non-refundable. Transfers must be requested at least 14 days in advance of original reservation.

RENTAL RATES:

Full Court	~ \$75 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p
Half Court	~ \$40 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p

RENTAL GUIDELINES:

All Rentals

- ✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.

Basketball

- ✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental.
- ✓ No dunking allowed.

Baseball/Softball

- ✓ Teams must reserve a full court and must utilize trainer or total control balls; no hardballs permitted or drills utilizing the walls.
- ✓ Hitting must be done in net.

Soccer

- ✓ Space is available for conditioning and foot drills; no full on kicks permitted or drills utilizing the walls.

Pickleball

- ✓ Teams reserving a full court will have space for 3 nets; provided by ARC.
- ✓ Half court rental will allow 1 net.

Volleyball

- ✓ Teams must reserve a full court; one net provided by ARC



Activity & Recreation Center

GYMNASIUM SCHEDULE

For the current ARC schedule, check online CoMo.gov (search ARC).



GENERAL POLICIES

1. The ARC is a controlled access facility.
2. Alcohol, smoking or tobacco use in any form is prohibited.
3. Food and beverages are permitted in lobby and meeting rooms. Glass and metal containers are prohibited. No food may be brought into the facility.
4. Spitting is prohibited, including water fountains.
5. Abusive or foul language is strictly prohibited. These actions may result in immediate expulsion and/or loss of future privileges.
6. Anyone using physical force towards another patron or employee will be suspended for a minimum of one year.
7. Horseplay is not permitted.
8. Shirts and shoes must be worn at all times in the facility (except in pool).
9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
11. Personal music devices are only allowed when used with headphones.
12. Bicycles, skateboards and in-line skates are prohibited.
13. Animals in the facility are restricted to guide dogs only.
14. The ARC is not responsible for lost or stolen items.

ARC REFUND POLICY

ARC MEMBERSHIPS

There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 6 for refund policy.

FACILITY RENTALS - Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

ROOM RENTALS

Applications - Facility rental applications must be completed and submitted two weeks prior to the event. Applications are available at the ARC Guest Services Desk and the City of Columbia Web site. Applications are accepted on a first come, first-served basis. Reservations will be considered up to one year in advance. Anyone age 21 or older may request a facility rental. In order to reserve a room, renter must pay the rental fee in full.

ROOMS/COURTS

Meeting Room 1/3	\$25 per hour
Meeting Room 2/3	\$50 per hour
Meeting Room Full	\$75 per hour
Classroom	\$22 per hour
Group Exercise Room	\$32 per hour
Water Zone Raindrop Room (M, W, F)	\$37 per rental
Water Zone Typhoon Room (M, W, F)	\$50 per rental

WATER ZONE (INDOOR POOL)..... 2 HOUR MINIMUM

1-100 People	\$140 per hour
101-150 People	\$185 per hour
151-200 People	\$235 per hour
201-250 People	\$345 per hour
251-300 People	\$445 per hour

FACILITY "LOCK-IN" (8 HOURS)

Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES..... 10pm-6am

FEES

1-100 People	\$1000
101-500 People	\$1125 plus \$5 per person
(each person over 100 will be assessed this fee)	

WATER ZONE BIRTHDAY PARTIES, page 14



IS IT YOUR BIRTHDAY?

Show proof of your birthday at the Guest Services Desk & you can use the ARC for **FREE** on your special day!



ADAPTED COMMUNITY RECREATION PROGRAM

The Adapted program located at Paquin Tower is designed for individuals with special needs. The program is open to the community, and most of the activities are walk-in.

Complete information about the program (including new monthly activities offered) is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 106B or online at CoMo.gov (search adapted). If you would like to be on our mailing list, please email Sarah.Bowman@CoMo.gov.

If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please email Sarah.Bowman@CoMo.gov. For updates on activities, please check our Facebook page @CoMoAdaptedRec

CERAMICS, ART AND CRAFT STUDIO

Interested in ceramics or pottery? The studio is open to all skill levels. The instructor is there to teach new projects and to help with existing ones. Work on greenware, bisque and clay. Supplies for crafts are available, \$2 studio fee.

CRAFT AND CERAMICS STUDIO IS OPEN ON THE FOLLOWING DAYS:

Tues 9 am – 12 pm | Thurs 9 am – 12 pm | Fee: Cost of the greenware
Email Sarah.Bowman@CoMo.gov to schedule group times for ceramics.

ADAPTED RECREATION FISHING DAY

Join the Adapted Recreation group for the first annual Fishing Day! We will meet at Cosmo-Bethel Park for a fun afternoon of fishing. Food will be provided as well as fishing poles and bait.

Location:

Activity #	Date	Time	Age	Price
312600-01	S: May 7	1-4 pm	14+	\$5

Rain date: May 14

ADAPTIVE SPORTS PROGRAMS

The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however **competing is not required for participation**. Each sport has a level for any and all levels of participation from learning the very basics to fine tuning preexisting skills. Prior experience or knowledge is not necessary. When you register, please be sure that your athlete has a current **Special Olympics specific physical and release form and the most up-to-date contact information**. Please contact 573-874-7312 if you have any questions or require listed forms.

ADAPTED VOLLEYBALL

The registration is open until the maximum number of participants is reached or March 25. Team schedules will be sent after the registration deadline. Current physical and release form are required to participate.

Location: Columbia Sports Fieldhouse

Activity #	Date	Time	Age	Price
315611-01	W: Apr 6-May 18	5:30-6:30 pm	9+	\$17.50

ADAPTED TRACK & FIELD

Athletes, register now for Adapted Track and Field. The registration is open until the maximum number of participants is reached or March 25. Current physical and release form are required to participate.

Location: West Middle School Track

Activity #	Date	Time	Age	Price
315612-02	Th: Apr 7-May 19	5:30-6:30 pm	9+	\$17.50

ADAPTED SOFTBALL

Individuals learn the skills necessary to play the game of softball. Registration deadline ends June 6 or when the maximum number of participants is reached. Team schedules will be sent out after registration deadline. Teams practice once a week on either Mondays or Tuesdays depending on team schedule. A current physical and release form are required to participate.

Location: Softball Field @ Again Street Park

Activity #	Date	Time	Age	Price
315602-01	T-ball, M,Tu: Jun 20-Aug 22	6-8 pm	9+	\$17.50
	Coach pitch, M, Tu: Jun 20-Sept 20	6-8 pm	9+	\$17.50



ADAPTED GOLF

Athletes will be placed in "Skills" or "Course" play during practice. "Skills" athletes learn the fundamentals of the sport focusing on putting, chipping, and driving the ball. "Course" athletes have mastered the fundamentals and play the front 9 holes with a unified partner. Registration deadline end July 1st or when maximum participants is reached. A current physical and release form are required to participate.

Location: L.A. Nickell Golf Course

Activity #	Date	Time	Age	Price
315604-01	Th: Jul 14-Sept 22	6-8 pm	9+	\$17.50

ADAPTED TENNIS

Join other special needs athletes in learning and playing the game of tennis. Emphasis will be place on learning specific skills necessary to be successful in the game. Registration deadline when maximum participation is reached. A current physical and release form are required to participate.

Location: Tennis Court @ Cosmo Park

Activity #	Date	Time	Age	Price
315601-01	W: Jul 20-Sept 21	6-7 pm	9+	\$17.50

ADAPTED PICKLEBALL

New offering! Learn this growing sport starting from the basics to competing. Registration closes when maximum of 15 is reached.

Location: Cosmo Park

Activity #	Date	Time	Age	Price
315613-01	W: Jul 20-Sept 21	6-7 pm	Ages 9+	\$17.50



ADAPTED BOCCE

Adapted athletes will learn and compete in the game of Bocce. Registration deadline when maximum participation is reached or July 1. A current physical and release form are required to participate.

Location: Cosmo Park

Activity #	Date	Time	Age	Price
315607-01	W: Jul 20-Sept 21	6-7 pm	9+	\$17.50



AQUATIC FACILITIES

ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

- Indoor Facility • Heated Water • Zero Depth Entry • Water Play Feature
- Triple Loop Water Slide • Lazy River • Vortex • Hydro Therapy Pool • Lap Lanes • Swim Instruction • Recreational Swim • Water Fitness • Concession Area

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331

- Outdoor Facility • Diving Boards • 50 Meter Pool • Children's Water Play Area with Water Sprinklers and a Water Slide • Double Loop Enclosed Flume Water Slide • Recreational Swim • Shade Umbrellas • Large Deck with Lounge Chairs Area with Sprinklers and Slide • Concession Stand

DOUGLASS FAMILY AQUATIC CENTER & SPRAYGROUND

Douglass Park, 400 N. Providence Road, 442-5019

Sprayground open May 1-Sept 30

- Outdoor Facility • Double Loop Water Slide • Rock Climbing Wall • Recreational Swim
- **UNGUARDED** Plaza with interactive water fountains, geysers and jets shooting from the ground • Shaded Shelter • Concession Area

FLAT BRANCH SPRAYGROUND

Flat Branch Park, 400 Locust St. | Open May 1-Sept 30

- **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 874-7476

- Indoor Facility • Swim Instruction • Heated Water • Lifeguard Instruction

LAKE OF THE WOODS POOL

Lake of the Woods Recreation Area, 6700 St. Charles Road, 474-7878

- Outdoor Facility • Water Slide • Shade Umbrellas • Recreational Swim • Country Club Setting • Surrounded by the Golf Course • Concession Stand in Clubhouse

STEPHENS LAKE AND SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway | Open May 1-Sept 30

- **UNGUARDED** Swimming Beach • Free to the Public • Swimming in Designated Beach Area • Fishing / Boating (non-motorized) Area • Boardwalk with Shelter • Restrooms

- Open May 1-September 30 • **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

INCLEMENT WEATHER POLICY / WEATHER HOTLINE

Lightning poses a serious risk of injury at our aquatic facilities, including indoor. Due to the seriousness of this issue, we have developed the following policy for aquatic facilities. When inclement weather occurs, the water will be cleared and staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after 45 minutes, the pool will close and may reopen later in the day. This is in effect until one hour prior to closing. All closings will be posted on the hotline, 573.874.7663.

STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a "Lifeguards in Training" sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.

RECREATION SWIM FEES

Albert-Oakland Family Aquatic Center

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	COUPON BOOKS (20)
1 & under	FREE	FREE	FREE
2-15	\$2.50	\$22.00	\$40.00
Adults (16+)	\$3.50	\$31.00	\$56.00

Lake of the Woods

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	COUPON BOOKS (20)
1 & under	FREE	FREE	FREE
2-15	\$2.00	\$15.75	\$30.00
Adults (16+)	\$3.25	\$27.00	\$48.75

Douglass Family Aquatic Center

AGE	SINGLE ADMISSION
1 & under	FREE
2 & older	\$1.50

Outdoor Aquatic Season Pass

PASS TYPE	PRICE	BEFORE 4/30/22
Family Season Pass*	\$220	\$50 off
Adult Season Pass	\$115	\$20 off
Youth Season Pass	\$70	\$20 off

*Family defined as maximum of two adults and up to three dependents living at same residence. \$10 for additional children only.



A WORD TO PARENTS

Our staff of trained lifeguards strives to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. **The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening.** Therefore, parents are

expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

SWIM ATTIRE

Any individual wearing street clothes will not be allowed admission into the facility unless they are the parent or guardian of a child 10 years and younger. Appropriate swim attire is required to enter OUTDOOR aquatic facilities. Appropriate swim attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please bring any items to the ARC. Thank you!



DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**
- Children not toilet trained must wear a swim diaper and appropriate swim attire.



FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use flotation devices when an adult (16 years or older) is supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.
- Water wings or arm floaters are strongly discouraged for use as flotation devices.

AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling 874-7700. All arrangements must be made a minimum of two weeks in advance and payment due at time of reservation. Open invitations to private aquatic rentals are not allowed to be posted on social media.

Rental Rates

ARC.....	See ARC Water Zone rates, page 9
Albert-Oakland Family Aquatic Center.....	\$250
Without Water Play Area	\$168
Water Play Area only	\$99
Douglass Family Aquatic Center	\$130
Hickman Pool	\$168
Lake of the Woods Pool	\$117

-These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. **Every one attending is counted, even if they do not swim.**

-Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

BIRTHDAY PARTY SPECIALS

1. Birthday parties are held at the ARC Water Zone and Lake of the Woods Pool. **For ARC party packages see page 14.** Lake of the Woods available for children 12 and under during public recreation swim times. The party fees below apply.
2. Reservations must be made a minimum of two weeks in advance.
3. Reservations can only be made by calling the ARC at 874-7700
4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a Master Card or Visa.
5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees

Pool admission for each attendee plus any of the following:

Tables: \$7 per hour per table

Pizza: \$9 per large pizza

Drinks: \$3.75 per 10 pack of Kool-aid Jammers

NOTE Parties may order as many pizzas and as much Kool-aid as desired for the number of attendees. Cake, ice cream, cookies or other treats may be brought into the facility when a party is booked.

Five Ways to Register:

1. **Online:** Go to www.CoMo.gov
2. **Walk-in:** You can register at the downtown office
1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation,
P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation
(573) 874-7640. (Form Online)



ARC WATER ZONE	ALBERT-OAKLAND FAMILY AQUATIC CENTER	HICKMAN POOL	LAKE OF THE WOODS	DOUGLASS FAMILY AQUATIC CENTER
MAY	MAY	MAY	MAY	MAY
See ARC section, page 7	Open May 28, 29, 30 12-5pm	Closed	Closed	Closed
JUNE/JULY	JUNE/JULY	JUNE/JULY	JUNE/JULY	JUNE/JULY
See ARC section, page 7 The Water Zone will be closed July 27-Aug 10	Open for season June 1 W-Su 12-5 pm Closed Mondays and Tuesdays Open Monday, July 4	LESSONS ONLY See page 18	Open for season July 1 Wed-Sun 12-5 pm Closed Mondays and Tuesdays Open Monday, July 4	Open for season July 1 Wed-Sun 12-5 pm Closed Mondays and Tuesdays Open Monday, July 4
AUGUST	AUGUST	AUGUST	AUGUST	AUGUST
See ARC section, pg 7	W-Su 12-5 pm Closed Mondays and Tuesdays Last Weekday Aug 5 Open Aug 6, 7, 13, 14, 20, 21, 27, 28 • 12-5 pm Closed Aug 8-12, 15-19, 22-26, 29-31	CLOSED	Wed-Sun 12-5 pm Closed Mondays and Tuesdays Last day Aug 7	Wed-Sun 12-5 pm Closed Mondays and Tuesdays Last Day Aug 7
SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER
See Aug issue of Leisure Times	Closed Sept 1-2 Open Sept 3, 4, 5 12-5 pm After Labor Day CLOSED FOR SEASON Pooch Plunge, Sept 6	See Aug issue of Leisure Times	CLOSED FOR SEASON	CLOSED FOR SEASON

NOTE: All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees. **HOURS SUBJECT TO CHANGE BASED ON STAFF AVAILABILITY.**



Aquatics Special Events



LITTLE SWIMMERS PLAYTIME AT ALBERT-OAKLAND

Come enjoy the play structure and zero depth area at Albert-Oakland Family Aquatic Center during a time specifically reserved for little ones and an adult playmate. Daily admission fee is required for all participants which includes all little ones and their adult playmates. This activity is for ages 10 and under with an adult (16 years or older).

Mon-Fri, June 2–July 31, AOFAC 10:45–11:45 am

Tuesday is free for aquatic season pass holders

Fee \$1 for all participants

Little Swimmers at the ARC, page 15.

FATHER'S DAY SPECIAL

June 19, Albert-Oakland Family Aquatic Center, all day

Dads, get FREE admission at Albert-Oakland Aquatic Center with the purchase of a child's admission! Valid on Father's Day only.

EVENING SPECIAL SWIM

Albert-Oakland Family Aquatic Center

June 16, July 7, July 21, 5:30-7:30 pm

WATER ZONE BIRTHDAY PARTY PACKAGES

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a Master Card or Visa. More information will be located on the back of the party contract.



ALL PACKAGES INCLUDE:

- 2 hours in selected party room
- Pizza or hotdogs & chips, additional pizza may be purchased
- Soda or Kool-aid
- Daily admission for the number of guests specified in the package
- Souvenir party t-shirt for the birthday child
- Wrist bands to enter the facility
- Free birthday invitations to all party participants with free guest pass for future ARC visit
- Party attendant will deliver food and drink
- Guests may stay and enjoy the ARC after the party is over

ROOM TIMES:

Mon 12:30-2:30* pm, 5-7pm

Fri 12:30-2:30* pm;

Sat or Sun 12:30-2:30 pm

Parties are only available during Rec swim times.

** Available when school is not in session or on early release days*

**RECEIVE \$25 OFF YOUR PACKAGE COST WHEN YOU HAVE
YOUR PARTY ON A MONDAY OR WEDNESDAY!**

BASIC PACKAGE

Room: Raindrop

Participants: 15 max

Food 4 pizzas or hotdogs & chips

Cost Member: \$143.75

Non member \$172.50

DELUXE PACKAGE

Room: Typhoon

Participants: up to 25

Food 5 pizzas or hotdogs & chips

Cost Member: \$172.50

Non member \$201.25

**All adults and children attending the party will be counted.*

WATER ZONE ROOM RENTAL

Available Mon or Fri 1:30-3:30* pm; 5:30-7:30 pm

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. **See page 12 for fees.**

Rooms	Raindrop	Typhoon
Max. Capacity	15 persons	55 persons
2 Hour Rental	\$37	\$50

- Extra pizza cost \$9
- T-Shirt cost \$6
- Admission to the ARC is REQUIRED for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 12.

** Available when school is not in session or on early release day*

Activity and Recreation Center Water Zone

HOLIDAY HOURS

May 30	11 am–12 pm Lap Swimming	12-2:30 pm Rec Swim
July 4	11 am–12 pm Lap Swimming	12-2:30 pm Rec Swim



REC SWIM

Try three story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool.

WATER AEROBICS CLASS

This program uses the buoyant qualities of water to enhance physical fitness through exercises. It can be low-, medium- or high-impact, designed to provide cardiovascular conditioning, improve muscle tone and improve balance. It is a total body workout without the stress of land-based exercise.

MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.

LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Daycare providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be accompanied by an adult (16 or older).

Tues – Thurs 11 am – 12 pm
\$1 for all participants/ ARC members are free



DAYCARE SWIM

Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you. Reservations and two-week notice required. Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 and under with adult supervision (16 years and older).

Tues & Thurs 10–11 am
\$1 for all participants



Water Zone Schedule

:::: ARC WATER ZONE SCHEDULE MARCH 27 - MAY 28* ::::

SUN	MON/WED	TU/THU	FRI	SAT
ARC Closed	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC Closed
				Water Aerobics 7:10-8 am
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	Water Aerobics 8:10-9a
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Swimming Lessons 9:10-9:55a*
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Swimming Lessons 10:10-10:55a*
				Swimming Lessons 11:10 - 11:55a*
	Moving My Joints 10-10:50a	Lap/Spa/Walk** 10a-1:30p	Moving My Joints 10-10:50a	Rec Swim 12-6:30 pm
Lap/Spa/Walk 9am-12p	Little Swimmers 11a-12p (Wednesday Only)	Little Swimmers 11a-12p	Lap/Spa/Walk 11a-1:30p	
	Lap/Spa/Walk 11a-1:30p	Water Zone Closed 1:30-3p		
Rec Swim 12-5:30p	Water Zone Closed 1:30-3p <i>Spa will be closed 1:30-6p for Maintenance every Wed</i>	Lap/Spa/Walk 3-5:25p	Water Zone Closed 1:30-3p	
		Water Aerobics 5:30-6:20p		
		Aqua Zumba 6:30p - 7:20p	Lap/Spa/Walk 3-5p	
	Lap/Spa/Walk 3-5p	Lap/Spa/Walk 7:30-9p	Rec Swim 5-9p	
	Rec Swim 5-7:30p <i>(Monday Only)</i>			
	Lap/Spa/Walk 7:30-9p			

* Private rentals are subject to staff availability. Water Zone schedule may vary based on private rentals in April and May.

**Lap/Spa/Walk is available when lessons are NOT in session.

Please call or look for special notices posted at the facility.



Water Zone Schedule

:::: ARC WATER ZONE SCHEDULE MAY 29 - AUGUST 20 :::: WATER ZONE CLOSED AUGUST 13 - 21 FOR ANNUAL MAINTENANCE DATES SUBJECT TO CHANGE

SUN	MON/WED	TU/THU	FRI	SAT
ARC Closed	Lap/Spa/Walk 5:45-7 am	Lap/Spa/Walk 5:45-6:55 am	Lap/Spa/Walk 5:45-7 am	ARC Closed
				Water Aerobics 7:10-8 am
	Lap/Spa/Walk 7-7:55 am	Water Aerobics 7-7:50 am	Lap/Spa/Walk 7-7:55 am	Water Aerobics 8:10-9 am
	Water Aerobics 8-8:50 am	Water Aerobics 8-8:50 am	Water Aerobics 8-8:50 am	Swimming Lessons 9:10-9:55 am*
	Water Aerobics 9-9:50 am	Water Aerobics 9-9:50 am	Water Aerobics 9-9:50 am	
	Moving My Joints 10-10:50 am	Lap/Spa/Walk 10 am-12 pm	Moving My Joints 10-10:50 am	
Lap/Spa/Walk 9 am -12 pm	Little Swimmers 11 am -12 pm (Wednesday Only)	Little Swimmers 11 am - 1 pm	Lap/Spa/Walk 11 am - 1 pm	Swimming Lessons 10:10-10:55 am*
	Lap/Spa/Walk 11 am -12 pm	Rec Swim 1 -5 pm		
Rec Swim 12-5:30 pm	Rec Swim 1-7:30 pm (Mondays Only)			
	Rec Swim 1 - 5 pm (Wednesdays Only) <i>Spa will be closed 1:30-6 pm for Maintenance every Wed</i> Lap/Spa/Walk 7:30-9 pm (Mondays only)	Water Aerobics 5:30-6:20 pm	Rec Swim 1 - 9 pm	Swimming Lessons 11:10 - 11:55 am*
		Aqua Zumba 6:30 pm - 7:20 pm		
		Lap/Spa/Walk 7:30-9 pm		

* Lap/Walk is available when swimming lessons are not in session
 -Classes listed in BLACK are included with Daily, Multi and Annual Membership Passes.
 Classes listed in SHADED BOX require an additional fee.
 -Spa will be open when activities are scheduled in the pool except private rentals.
 -Lap Swim is available during all Rec Swim times.
 -Spa Maintenance will occur each Wednesday

All Water Fitness classes, except specialty classes, are included with ARC Annual Memberships.
 Water Fitness classes are geared for 16 years and older to participate.



Youth and Teen Aquatics



COLUMBIA PARKS & RECREATION

LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash 573.874.7700 or the Parks and Recreation office located at 1 S. 7th Street 573.874.7460. **Registration ends at noon on the Thursday prior to the session.** After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.



LEARN TO SWIM

Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly.

Location: ARC, Albert-Oakland or Hickman Pool, *see below.*

Activity #	Date	Time	Location	Age	Price
316900-01	Sa: Apr 9-May 7	9:10-9:55 am	ARC	3-15	\$40
316900-02	Sa: Apr 9-May 7	10:10-10:55 am	ARC	3-15	\$40
316900-03	Sa: Apr 9-May 7	11:10-11:55 am	ARC	3-15	\$40
316900-04	M-Th: Jun 13-Jun 23	10-10:45 am	HICK	3-15	\$52
316900-05	M-Th: Jun 13-Jun 23	5:30-6:15 pm	HICK	3-15	\$52
316900-06	M-Th: Jun 13-Jun 23	6:30-7:15 pm	HICK	3-15	\$52
316900-07	M-Th: Jul 11-Jul 21	11-11:45 am	HICK	3-15	\$52
316900-08	M-Th: Jul 11-Jul 21	5:30-6:15 pm	HICK	3-15	\$52
316900-09	M-Th: Jul 11-Jul 21	6:30-7:15 pm	HICK	3-15	\$52
316900-10	M-Th: Jul 25-Aug 4	10-10:45 am	AOFAC	3-15	\$52
316900-11	M-Th: Jul 25-Aug 4	11-11:45 am	AOFAC	3-15	\$52
316900-12	Sa: Jul 9-Aug 6	9:10-9:55 am	ARC	3-15	\$40
316900-13	Sa: Jul 9-Aug 6	10:10-10:55 am	ARC	3-15	\$40
316900-14	Sa: Jul 9-Aug 6	11:10-11:55 am	ARC	3-15	\$40

LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEVELS	REQUIREMENTS	SKILLS TAUGHT
LEARN TO SWIM (Level One) STARFISH	None. The objective of Level 1 is to help students feel comfortable in the water.	Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.
LEARN TO SWIM (Level Two A) CLOWNFISH	Passed Level One or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.
LEARN TO SWIM (Level Two B) BLUEFISH	Passed Level Two A or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.
LEARN TO SWIM (Level Three) SEA TURTLES	Passed Level Two B or demonstrate equivalent skills.	Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.
LEARN TO SWIM (Level Four) STINGRAYS	Passed Level Three or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.
LEARN TO SWIM (Level Five) DOLPHINS	Passed Level Four or demonstrate equivalent skills.	Coordination and refinement of strokes; increase distances; flip turns.
LEARN TO SWIM (Level Six) SHARKS	Passed Level Five or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.
PRIVATE SWIM LESSONS	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Price \$96	
SEMI-PRIVATE SWIM LESSONS	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons.) Price \$125	



DAY CARE SWIM LESSONS

Designed to provide a safe, enjoyable recreation experience for the day care groups that wish to come all at once. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316901-01	M-Th: Jun 13-Jun 23	9-9:45 am	3+	\$52
316901-02	M-Th: Jun 13-Jun 23	10-10:45 am	3+	\$52
316901-03	M-Th: Jul 11-Jul 21	9-9:45 am	3+	\$52
316901-04	M-Th: Jul 11-Jul 21	11-11:45 am	3+	\$52

ADAPTIVE SWIM

Designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316600-01	M-Th: Jun 13-Jun 23	7:30-8 pm	3+	\$52
316600-02	M-Th: Jul 11-Jul 21	7:30-8 pm	3+	\$52

PARENT & CHILD SWIM LESSONS

Infant/Toddler Swim Lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
316700-01	M-Th: Jun 13-Jun 23	6:30-7 pm	6 mos-3	\$47
316700-02	M-Th: Jul 11-Jul 21	6:30-7 pm	6 mos-3	\$47

MAKE-UP DAYS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by Parks and Recreation staff. There are no make up days for the ARC or lessons missed for personal reasons.

**In the event of inclement weather,
please call 573.874.7663.**

This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

REFUND POLICY

For information on the refund policy please see the General Information section, page 6.

COLUMBIA SWIM CLUB

The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@csctigersharks.org or visit <http://www.csctigersharks.org/> for more information.



STARGUARD LIFEGUARD TRAINING

Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously

(front crawl or breast stroke), retrieve 10-pound object from 12 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class.

Access to online course and e-book will be sent via email. You must complete the online portion of the class BEFORE the first day of class.

*Free for guards employed by Columbia Parks and Recreation

**Class meets on Friday from 5-9 pm, Saturday and Sunday from 8 am - 5pm

Location: Pool @ Hickman High School

Activity #	Date	Time	Age	Price
301301-01	F-Su: Apr 8-Apr 10	see above**	15+	\$175
301301-02	T-Th: May 24-May 26	9 am - 5 pm	15+	\$175
301301-03	F-Su: Jun 3-5	see above**	15+	\$175

LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *The day of the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

Location: Water Zone @ ARC

Activity #	Date	Time	Age	Price
301302-01	Su: Mar 13	8 am - 5 pm	15+	\$135
301302-02	Su: Apr 24	8 am - 5 pm	15+	\$135



Adult Aquatics | Arts, Crafts & Leisure

ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This personal setting allows you to learn at your own pace toward your personal goals. Your six half-hour sessions are set according to your schedule with your instructor at any of our six guarded facilities. Please call the ARC at 874-7700 to register. **Price: \$96**

In the event of inclement weather, please call 573.874.7663.

This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

AQUA PERSONAL TRAINING

The personal training sessions in the water are tailored to meet your needs and abilities, then are increasingly intensified to meet your personal improvement. Qualified staff will help you reach your personal goal. Fill out an Aqua Personal Training form at the ARC front desk and we will help you set up a session.

Location: Water Zone @ ARC

Individual Session	Member	Non-Member
1 - 30-minute session	\$23	\$28
3 - 30-minute sessions	\$66	\$81
6 - 30-minutes sessions	\$120	\$150

DEEP WATER AEROBICS

This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Pre-registration is required.

Location: Hickman Indoor Pool @ Hickman High School

Activity #	Date	Time	Age	Price
301205-01	Tu,Th: Mar 8-Mar 24	5:30-6:20 pm	15+	\$40
301205-02	Tu,Th: Apr 5-Apr 21	5:30-6:20 pm	15+	\$40
301205-03	Tu,Th: May 3-May 12	5:30-6:20 pm	15+	\$30

Location: Albert-Oakland Family Aquatic Center

Activity #	Date	Time	Age	Price
301205-04	M,W: Jun 6-Jun 22	5:30-6:20 pm	15+	\$40
301205-05	M,W: Jul 11-Jul 27	5:30-6:20 pm	15+	\$40

Five Ways to Register:

- Online:** Go to www.CoMo.gov
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

CLASSES FOR KIDS AND TEENS

ARTS, CRAFTS & LEISURE



ARMORY SCIENCE KLUB (ASK)

Kids, do you love performing science experiments? ASK us about the Armory Science Klub, a class for young scientists who want to find out about the world through science. Young scientists will erupt volcanos, make electricity and magnets, discover chemical reactions, launch rockets and more.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
313900-01	W: Mar 2-Apr 27	5:30-6:30 pm	8-10	Free

* No class 3/30

CLASSES FOR TEENS AND ADULTS

COLUMBIA'S YOUTH SPEAK NEWSPAPER

This program empowers youth and teens by equipping them with important writing and social skills necessary in Journalism. Their learned skills will be used to create written, visual, and audio stories on topics such as local events and issues, pop culture, sports, politics, health and much more. Parents and other members of the community are welcome to help by volunteering. Call 817-5077 for more information.

ONE-ON-ONE INTRO TO VOICEOVERS

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video chat class! Learn more at www.voicesforall.com/ooo. Following registration, you will be contacted by Voices for All to schedule your class for a day and time of your convenience. Pre-registration required.

Activity #	Date	Time	Age	Price
313143-01	Set up with instructor		18+	\$49

See Ceramics, Page 10.



Bicycle Programs | CARE Program

ADULT AND YOUTH BICYCLE EDUCATION

Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon 573.441.5495 or Janet.Godon@CoMo.gov.

LEARN TO BICYCLE

Young or old, there's no better time than the present to learn to ride a bicycle. Youth and adult students will spend 50 minutes of intense, yet fun, instruction on two consecutive days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Schedule varies depending on instructor's availability.

Location: Twin Lakes Recreation Area or other park location

Activity #	Date / Time	Age	Price
N/A	By appointment	5+	\$50

BICYCLE TRAIL TOUR FOR TWO

Are you new to Columbia, or just to cycling and want a personalized bicycle tour of how to get from point A to Z via CoMo trails? Grab a friend, a bicycle and your helmets and we'll wheel you away on a customized one or two-hour tour highlighting trail access locations, amenities and the places you can go by bike. Trailhead starting location and route will be determined by your needs. Registration includes a semi-private tour for up to two people. Beginner to intermediate cyclists should plan on a leisurely 8-10 miles per hour pace. After registering, allow for 7-10 days to accommodate instructor schedules. Details will be emailed to registered participants. All participants must arrive with a bicycle in good working condition as we will not have the means to provide onsite maintenance. Participants under 18 must be accompanied by an adult. We reserve the right to cancel based on forecasted weather or trail conditions.

Location: Columbia's trails

Activity #	Date / Time	Age	Price
N/A	By appointment	14+	\$45 per hour



COMO BIKE CO-OP FREE WALK-IN BICYCLE REPAIR

The CoMo Bike Co-op is a program and classroom facility located in the Armory Sports Center. Columbia Parks and Recreation manages year-round programming. Mission Statement: Increase transportation independence through bicycle ridership, especially

among Columbia's most underserved individuals. Bicycle mechanics and volunteers provide general bicycle maintenance and parts including but not limited to flat/brake repair, cable adjustments, and wheel truing. Repairs are limited to supplies

CoMo Bike
CO-OP

and tools available at the time of the repair. Assistance is limited to one bicycle per person per session. Co-op staff and volunteers assist individuals who cycle out of necessity, and who do so with well-worn bicycles that are cheap, yet priceless.

HOURS: Open on Mondays, 2-6 pm

(closed on holidays and hours are subject to change)



CARE Program

Job Readiness Training + Paid Real-World Hands-On Work Experience + Mentoring + Soft Skill Development + Career Exploration = Career Readiness

Located in the Armory Sports Center

701 East Ash Street, 2nd Floor

Columbia, MO 65201

573.874.6300

Tonia.Turner@CoMo.gov

CoMo.gov (search CARE program)

Like us on Facebook: City of Columbia CARE Program

Follow us on Twitter: CareColumbiaMO

"Investing in our Youth, Investing in our Future"

The City of Columbia's Career Awareness Related Experience (CARE) program's goal is for Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the CARE program has provided comprehensive services for Columbia's youth that include:

- job readiness training
- paid real-world hands-on work experience
- mentoring
- soft skill development
- career exploration

The CARE program hires 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world hands-on work experience while getting paid. One hundred percent of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

CARE'S SUMMER TRAINEE PROGRAM

CARE's Summer Program offers a six-week program in which approximately 125 14- to 20-year-old trainees are hired at \$10.15 per hour to work up to 25 hours per week at local work sites.

Summer program applications are available December 1 through March 13; however, applicants are STRONGLY ENCOURAGED to apply online as early as possible. To apply, visit: <https://www.gocomojobs.com/postings/search> (search for CARE Summer Trainee).



CARE Program

CARE/CITY UTILITIES SUMMER INTERNSHIP



The CARE program also offers a ten-week summer program in which approximately 20 16- to 20-year-old interns are hired at \$11.15 per hour to work up to 28 hours per week for one of the following areas:

- Sewer and Stormwater - Engineering
- Sewer and Stormwater - Maintenance
- Solid Waste - Administration
- Solid Waste - Landfill
- Water & Light - Electric Distribution
- Water & Light - Electric Production
- Water & Light - Engineering
- Water & Light - Utility Services
- Water & Light - Water Distribution
- Water & Light - Water Production

Available internships include:

- Administration Interns
- Data Entry Interns
- Engineering Interns
- Grounds Maintenance Interns
- Maintenance Mechanic Interns
- Operator Interns
- Sewer and Stormwater Interns

CARE/City Utilities Internship applications are available March 1 through April 15; however, applicants are **STRONGLY ENCOURAGED** to apply online as early as possible. To apply, visit: gocomojobs.com/postings/search (search for CARE/City Utilities Intern).

For more information about the CARE/City Utilities Internship Program, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or 573.874.6300.

Want to MAKE A DIFFERENCE while getting FREE Labor?

The City of Columbia's CARE program hires local teenagers and places them at area businesses, where they gain much needed real-world hands-on work experience while getting paid.

CARE depends on partnerships with area companies (work site partners) to provide the work sites for its trainees; however, 100% of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

Work site partners are investing in our future by investing in our youth, while at the same time receiving free labor. The youth trainees gain valuable employment experience and life skills while earning a paycheck. CARE is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

WHAT IS EXPECTED FROM CARE'S WORK SITES?



Work site supervisors are responsible for the:

- mentoring
- training
- explaining
- demonstrating
- monitoring
- daily supervising
- evaluating

...aspects of the paid real-world hands-on work experience.

Most importantly, you must be able to keep your trainees busy with quality "entry-level" work experiences/assignments and supervise them for up to 25 hours per week from late-June to early-August.

WHO DOES CARE HIRE?

The CARE program hires 14- to 20-year-olds who live in the City of Columbia, MO, attend a Columbia school and/or have a parent/guardian who works for the City of Columbia. Teenagers face many barriers to joining the labor force, especially in Columbia because of substantial competition from thousands of college students for the available entry-level jobs...but the CARE program can help break down those barriers!

CARE applicants are local teenagers who do not yet feel comfortable in applying for, interviewing for, and getting hired for a summer job. The majority of CARE's trainees are 14- and 15-year-olds. Most of them are ready to obtain their own employment after one or two summers in the CARE program.



BUT WHAT IF MY BUSINESS DOES NOT HIRE 14- OR 15-YEAR-OLDS?

That is okay because you do not "hire" them, the City does; therefore, they are full-fledged City of Columbia employees. They are not your "employees," as they are actually volunteers at your business. All employer responsibilities and liabilities, including workers' compensation, belong to the City of Columbia.

DO WE HAVE TO HIRE THEM AT THE END OF THE SUMMER?

No, you do not. However, nearly one third of CARE's trainees do such a good job they are offered continued employment from their work site's own budget after the program is over. In fact, several former trainees are still employed at their CARE work sites many years after their placements ended.

For more information regarding becoming a CARE summer work site partner, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or 573.874.6300.



OPEN COMPUTER LAB

For youth and adults. Do your homework, check your email, create documents, surf the Internet, and play online or offline games. Use is first-come first-serve.

Location: Computer Lab @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-F	8 am-2 pm	18+	\$5/month or \$1/use

ONLINE CLASSES WITH CREATE & LEARN



SCRATCH NINJA CAMP (Unit 1)

Developed by MIT, this is a great way to introduce kids to computer programming. Learn core computer science and coding concepts such as loop, conditional, motion and sensing. Work on projects ranging from animation, games to graphic design, storytelling and more. Pre-registration required.

Location: Online with live Create & Learn instructors

Activity #	Date	Time	Age	Price
313920-02	M-Th: July 25-28	3-4:30 pm	Grades 2nd-5th	\$250



MINECRAFT MODDING QUEST CAMP (Unit 1)

Does your child enjoy playing Minecraft? A broad set of coding concepts will be covered in this carefully designed camp, starting with the introduction of very basic concepts of stacking

commands together to make computers accomplish tasks - the fundamentals of coding. Kids will control agents to solve puzzles while interacting with different in-game characters. Then move on to learn core coding concepts such as loop, operations, conditional, events, function, variables, and more. As students get more comfortable with these coding skills, they will start building more complex structures, as well as mini-games. Minecraft: Education Edition is built on top of the regular Minecraft game and includes additional features to teach kids coding and other STEM skills. It promotes creativity, collaboration, and problem-solving in an immersive environment, where the only limit is imagination.

Prerequisites: Scratch Ninja is recommended as a prerequisite for kids who are new to coding

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Windows or Mac Computer (**Chromebook is not supported**).

Pre-registration required.

Location: Online with live Create & Learn instructors

Activity #	Date	Time	Age	Price
313920-03	M-Th: Aug 8-11	3-4:30 pm	Grades 2nd-5th	\$250

DANCE, CHEERLEADING & TUMBLING

CLASSES FOR PRESCHOOLERS



PRESCHOOL SUMMER DANCE CAMP

Learn very basic dance moves and a fun routine to perform in the all-camp dance show at 9 am on Friday. Don't miss this fun parent-child interactive camp! Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
305712-01	M-F: Aug 8-12	12-12:30 pm*	2-4 w/ adult	\$45

*Friday is show only at 9am



Dance, Cheerleading & Tumbling | Fencing and Martial Arts

CLASSES FOR YOUTH

SUMMER DANCE AND CHEER CAMP

Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 9 am. Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
303906-01	M-F: Aug 8-12	9 am-12 pm*	5-8	\$99

*Friday is show only at 9 am

LITTLE BULLDOGS DANCE/CHEER

Little Bulldogs is for boys and girls who would like to learn different styles of dance and cheer routines. Get some exercise, meet new friends and have fun, all at the same time! For more information or if you want to coach please contact Mary Dewey at Mary.Dewey@CoMo.gov or call 573.817.5077.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	T,W: Apr 5-Jun 29	4:30-5:30 pm	5-12	Free

CLASSES FOR TEENS & ADULTS



TAPPERCISE

Tap for fun and exercise! Learn as you move with nonstop dancing for a workout that doesn't feel like exercise. Tap shoes recommended, but not required. Pre-registration required.

Instructor: Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
305209-01	Tu: Mar 15-Apr 19	5:30-6:15 pm	16+	\$35
305209-02	Tu: Apr 26-May 31	5:30-6:15 pm	16+	\$35

CLASSES FOR YOUTH

FENCING & MARTIAL ARTS

INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. This is a fun class for parents and children or families to take together! Fencing jacket and equipment provided for use in class. Pre-registration required.

Location: Moss Bldg. Room B @ Waters-Moss

Instructor: John Konzal

Activity #	Date	Time	Age	Price
311800-01	Th: Apr 7-May 12	6- 8 pm	10+	\$48
311800-02	Th: May 19-Jun 23	6- 8 pm	10+	\$48
311800-03	Th: Jun 30-Aug 4	6- 8 pm	10+	\$48

JUDO

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 23+ years, offering instructional classes in coordination with Columbia Parks and Recreation. For more information call or text Sensei Heitmann with questions at (816) 806-2113. Pre-registration required. Not sure Judo is for you? Try the first week free.

Instructor: Sensei Chris Heitmann

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
311310-01	M/W: Month of April	6-7:30pm	5-adult	\$45
311310-02	M/W: Month of May*	6-7:30pm	5-adult	\$45
311310-03	M/W: Month of June	6-7:30pm	5-adult	\$45
311310-04	M/W: Month of July*	6-7:30pm	5-adult	\$45
311310-05	M/W: Month of Aug	6-7:30pm	5-adult	\$45

*No class 5/30, 7/4



BEGINNING TAE KWON DO

Begin learning some of the basic hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Belt testing fees paid separately. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Age	Time	Price
311301-01	Tu,Th: Apr 19-May 26	6- 7 pm	7-adult	\$55
311301-02	Tu,Th: May 31-Jul 7	6- 7 pm	7-adult	\$55
311301-03	Tu,Th: Jul 12-Aug 18	6- 7 pm	7-adult	\$55



CLASSES FOR YOUTH

ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about six months of study in the Beginning Tae Kwon Do class, after reaching yellow belt. Uniform is required. Belt testing fees paid separately. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Mr. Jim Givens

Activity #	Date	Time	Age	Price
311303-01	Tu, Th: Apr 19-May 26	7-8 pm	7-adult	\$55
311303-02	Tu, Th: May 31-Jul 7	7-8 pm	7-adult	\$55
311303-03	Tu, Th: Jul 12-Aug 18	7-8 pm	7-adult	\$55

FREE YOUTH SHORIN-RYU KARATE

Would you like to try shorin-ryu karate for free? Sign up for this one time session class. Enrollment is limited so sign up early.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

Activity #	Date	Time	Age	Price
311901-01	M: Mar 7-Apr 18*	6:30-7 pm	7-11	Free
311901-02	M: Apr 25-Jun 6*	6:30-7 pm	7-11	Free
311901-03	M: Jun 13-Jul 25*	6:30-7 pm	7-11	Free

*No class 3/28, 5/30, 7/4

BEGINNING YOUTH SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Purchase of a gee is required.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

Activity #	Date	Time	Age	Price
311906-01	M, Th: Apr 11-Jun 2*	7-7:40 pm	7-14	\$75
311906-02	M, Th: Jun 6-Jul 28*	7-7:40 pm	7-14	\$75
311906-03	M, Th: Aug 1-Sep 22*	7-7:40 pm	7-14	\$75

*No class 5/30, 7/4, 9/5

ADVANCED YOUTH SHORIN-RYU KARATE

This class is for youth students of higher belt levels. Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

Activity #	Date	Time	Age	Price
311907-01	M, Th: Apr 11-Jun 2*	7:40- 8:20 pm	7-14	\$75
311907-02	M, Th: Jun 6-Jul 28*	7:40- 8:20 pm	7-14	\$75
311907-03	M, Th: Aug 1-Sep 22*	7:40-8:20 pm	7-14	\$75

*No class 5/30, 7/4, 9/5

CLASSES FOR TEENS AND ADULTS

See other classes for adults in youth section

TAI CHI

Tai Chi is a form of martial art that is graceful, slow-moving exercise system that promotes muscle relaxation and flexibility which will reducing the physical tension and strain. Tai Chi also helps with the improving your balance and coordination and decrease your stress level. Please call 874-6379 for more information.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop In	M,W,F	8:30-9:30 am	18+	Free

TEEN AND ADULT SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Levels class and approval from instructor is a prerequisite for joining this class. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

Activity #	Date	Time	Age	Price
311208-01	M, Th: Apr 11-Jun 2*	8:20- 9 pm	15+	\$75
311208-02	M, Th: Jun 6-Jul 28	8:20- 9 pm	15+	\$75
311208-03	M, Th: Aug 1-Sep 22*	8:20-9 pm	15+	\$75

*No class 5/30, 7/4

FREE TEEN AND ADULT SHORIN-RYU KARATE

Would you like to try shorin-ryu karate for free? Sign up for this one time session class, then you can move up to the Teen and Adult Shorin-Ryu class to start working toward belts. Enrollment is limited so sign up early.

Location: Aerobic Room @ Armory Sports Center

Instructor: Ray Walker

Activity #	Date	Time	Age	Price
311200-01	M: Mar 7-Apr 18*	8:15-8:55 pm	15+	Free
311200-02	M: Apr 25-Jun 6*	8:15-8:55 pm	15+	Free
311200-03	M: Jun 13-Jul 25*	8:15-8:55 pm	15+	Free

*No class 3/28, 5/30, 9/5



AIKIDO

Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a prerequisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Daniel Golan

Activity #	Date	Time	Age	Price
311204-01	M,W: Month of Apr	6- 8 pm	15+	\$45
311204-02	M,W: Month of May*	6- 8 pm	15+	\$45
311204-03	M,W: Month of June	6- 8 pm	15+	\$45
311204-04	M,W: Month of July*	6- 8 pm	15+	\$45
311204-05	M,W: Month of Aug	6-8 pm	15+	\$45

*No class 5/30, 7/4



CLASSES FOR TEENS AND ADULTS



BEGINNING KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact benjamin@theasbecks.net for questions and about required equipment. Pre-registration required.

Location: Riechmann Indoor Pavilion at Stephens Lake Park

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311210-01	Tu: Apr 5-Apr 26	6-7 pm	13+	\$39
311210-02	Tu: May 3-May 24	6-7 pm	13+	\$39
311210-03	Tu: May 31-Jun 21	6-7 pm	13+	\$39
311210-04	Tu: Jun 28-Jul 19	6-7 pm	13+	\$39
311210-05	Tu: Jul 26-Aug 16	6-7 pm	13+	\$39

INTERMEDIATE KORYO GUMDO

Continue to improve and build on the skills you've learned, and move on to more advanced material. Must have taken the Beginning Koryo Gumdo class and been recommended by instructor to enroll in the intermediate class. Pre-registration required.

Location: Riechmann Indoor Pavilion at Stephens Lake Park

Instructor: Benjamin Asbeck

Activity #	Date	Time	Age	Price
311211-01	Tu: Apr 5-Apr 26	7-8 pm	13+	\$39
311211-02	Tu: May 3-May 24	7-8 pm	13+	\$39
311211-03	Tu: May 31-Jun 21	7-8 pm	13+	\$39
311211-04	Tu: Jun 28-Jul 19	7-8 pm	13+	\$39
311211-05	Tu: Jul 26-Aug 16	7-8 pm	13+	\$39

FENCING AND MARTIAL ARTS



QIGONG

Qigong is a lifestyle that helps harnesses energy from special movements, breathing methods and uses specific foods to reverse specific diseases. Everyone has a healing hand and anyone can benefit with practice. Qigong learning form, postures and movements promotes longevity and balance. Call 573.817.5077 for more information.

Location: Aerobic Room @ Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	T, Th	8:30-9:30 am	18+	Free

FITNESS AND EXERCISE



CLASSES FOR YOUTH AND TEENS

YOUTH PARTICIPANTS AT THE ARC

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and Group Exercise Land classes (14 & up without supervision and 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

CARDIO/STRENGTH PLUS YOUTH ORIENTATION

This one-hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age without parent. 12-13 year olds must take orientation class and have parent supervision. Pre-registration is required.

Location: Cardio/Strength Area @ ARC

Activity #	Date	Time	Age	Price
307231-01	W: Mar 30	5:30-6:30 pm	12+	\$10
307231-02	Tu: May 3	5:30-6:30 pm	12+	\$10
307231-03	Th: Jun 16	5:30-6:30 pm	12+	\$10
307231-04	W: Jul 27	5:30-6:30 pm	12+	\$10

ARC Youth Training Room

Monday-Friday 5:30 am – 9:30 pm

Sat 7 am-6 pm

Sun 9 am- 6 pm

* Scheduled classes will be posted and will take priority over drop-in use



CLASSES FOR ADULTS

PERSONAL TRAINING

This service is specially customized to meet the client's goals and needs. Who needs a personal trainer? People who are performing exercises, but aren't sure their technique is the most effective and safe. People who have the desire to work out, but don't know where to start or how to design a training plan. People who would like to be shown alternatives to their current exercises. Individuals who would like the extra motivation that comes from being directed through a routine by a qualified instructor. No matter what your reason, qualified staff will help you reach your personal goal. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.

Individual Session/Workout Design

1 \$45 ARC Annual Member, \$55 Non-Member

Individual Packages (3, 6, & 12 Sessions)

3 \$120 ARC Annual Member, \$150 Non Member

6 \$220 ARC Annual Member, \$280 Non-Member

12 \$395 ARC Annual Member, \$540 Non-Member

Couple Sessions (3, 6, & 12 Sessions)

3 \$165 ARC Annual Member, \$195 Non-Member

6 \$300 ARC Annual Member, \$360 Non-Member

12 \$540 ARC Annual Member, \$660 Non-Member

Group Sessions (3, 4, or 5 participants)

6 3 participants, \$120 each

4 participants, \$100 each

5 participants, \$85 each

12 3 participants, \$218 each

4 participants, \$180 each

5 participants, \$155 each

MINI-WORKOUT PROGRAM AT THE ARMORY

Stay active and healthy! Come in and take advantage of a Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. If you like to work independently, this is an ideal place to be. Staff will get you started and give assistance if needed. A locker can be rented for \$5 during your 8-week membership. Call 573.817.6379 for more information and to register.

Location: Armory Sports Center – Workout room

Activity #	Date	Time	Age	Price
Drop in	M-F	8 am-6 pm	16+	\$20 membership or \$2 per visit

INTRO TO YOGA

This 6-week program is designed to educate every student whether you have never taken a yoga class or you are simply looking to reeducate yourself and refine your current practice. This program is free, but advanced registration is required due to limited space. Contact 874-7460 or 874-6379 to register.

Location: Armory Full Gym @ Armory Sports Center

Activity #	Date	Time	Age	Price
307101-01	Apr 4-May 9	6-7 pm	13+	Free



CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength equipment. Enjoy cardio theatre while you're exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. 12 & 13yr olds must complete the Youth Fitness Orientation.



MID MISSOURI WEIGHTLIFTING CLUB

Join our registered USAW club and train under coaches with National and International experience. We are striving to build national level lifters as well as teach the mechanics of the Sport of Weightlifting to those striving to reach their goals. We have multi-national champions and many lifters who have achieved Top Ten placings in National level competitions. Call Brian at the ARC at 573-874-7720 or email brian.higginbotham@como.gov. No fees to join or practice during team sessions other than being a member or paying the daily fee. Personal one to one sessions do have a fee assessed as well as writing programs.



:::: ARC GROUP EXERCISE SCHEDULE (MARCH 14 - AUGUST 14) ::::					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Conditioning 8:00am-9:00am	**Spin 5:45am-6:35am	Body Conditioning 8:00am-9:00am	**Spin 5:45am-6:35am	Body Conditioning 8:00am-9:00am	**Spin 9:30am-10:30am
*Silver Sneakers Cardio Circuit 8:00am-9:00am				*Silver Sneakers Cardio Circuit 8:00am-9:00am	Step 9:30am-10:25am
*Silver Sneakers Classic 9:15am-10:15am	Zumba 8:00am-9:00am	*Silver Sneakers Cardio Circuit 8:00am-9:00am	Zumba 8:00am-9:00am	*Silver Sneakers Classic 9:15-10:15am	Power Pump 10:30am-11:25am
Strong Nation 9:15am-10:00am	*Silver Sneakers Yoga 9:15am-10:15am	*Silver Sneakers Classic 9:15-10:15am	*Silver Sneakers Yoga 9:15-10:15am	Zumba Toning 9:15am-10:00am	Zumba 11:30am-12:30pm
**Spin 9:30am-10:30am	Functional Fitness 9:15am-10:15am	ABLE Workout 9:15am-10:15am	Functional Fitness 9:15am-10:15am	Vin-Yin Yoga 10:30-11:30am	SUNDAY
Yoga Flow 10:30-11:30 am	Vin-Yin Yoga 10:30am-11:30am	**Spin 9:30am-10:30am	Zumba 4:15m-5:15pm	Zumba 4:15pm-5:15pm	
Zumba 4:15pm-5:15pm	Body Conditioning 4:45-5:40pm	Yoga Flow 10:30-11:30 am			
**Spin 5:30-6:30pm	Strong Nation 5:45pm-6:40pm	**Spin/Fusion 5:30-6:30pm	**Spin 5:30-6:30pm		
Step Combo 5:30pm-6:25pm	Zumba 6:45pm-7:45pm	Knockout 5:30pm-6:25pm	Strong Nation 5:30-6:15 pm		
To the Core 6:30pm-7pm		Power Pump 6:30pm-7:15pm			
Monday Mixer 7:00pm-8:00pm		Zumba 7:20pm-8:20pm			Vin-Yin Yoga 4:30pm-5:30pm
<div>Yoga and Spin are “Specialty Classes” that require a pass. *Silver Sneakers Mon-Fri will be held in the Meeting Rooms</div> <div>**All Spin classes are held in the Spinning room</div> <div>“Open Door” Spin Room Schedule</div> <div>Mon/Wed 5:30-8:30am, 11:30-4:30pm, 7-9pm</div> <div>T/TR 7am-5pm, 7-9pm</div> <div>Fri 5:30-8:30am, 11am-9pm</div> <div>Sat 11am-6pm</div> <div>Sun 9am-6pm</div>					



INBODY 230

Body Composition analyzer of direct segmental multi-frequency bioelectrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, lbm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results. Sign up at the ARC Guest Services Desk.

\$12 **ARC Annual Member**
\$15 **Non-Member**



GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning or Yoga classes. Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

1 **\$4 ARC Member, \$6 Non-Member**
5 **\$18.75 ARC Member, \$28.75 Non-Member**
10 **\$32.50 ARC Member, \$52.50 Non-Member**
20 **\$60 ARC Member, \$100 Non-Member**

ST. PATRICK'S DAY: SAVE SOME GREEN!

Drop by the ARC on March 17...all personal training packages will be 10 percent off on this day!

MOTHER'S DAY PERSONAL TRAINING SPECIAL

Give Mom the gift of a "better" life! Help her increase her strength and endurance level while gaining balance and flexibility. Our certified Personal Trainers will make the workouts fun and invigorating and teach skills that last a lifetime. Flowers are always appreciated and pretty to the eye, but only last for a few days. Give something that can last her for life. A stronger, healthier, more independent life!

May 1-8 **\$15 off 6 Session, \$35 off 12 Session**

Location: ARC

**Personal purchases are also welcomed to take advantage of this offer.*

FATHER'S DAY PERSONAL TRAINING SPECIAL

Dad doesn't want another shirt or tie. He never says what he wants, but we know what he needs. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. The saying is true "use it or lose it". Trainers will instruct on how to get results without spending much time in the gym.

June 12-19 **\$15 off 6 Session, \$35 off 12 Session**

Location: ARC

**Personal purchases are also welcomed to take advantage of this offer.*

GROUP EXERCISE DESCRIPTIONS

ABLE WORKOUT- Abs, Butt, & Leg Energizer. This Pilates style mat workout will target your abdominals, glutes, inner/outer thighs, hamstrings, and more. No equipment! Just your own bodyweight and a mat to improve strength, flexibility, and body awareness.

BODY CONDITIONING- Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

FUNCTIONAL FITNESS- Low impact cardio, strength training and stretching will prepare your body to handle real-life occurrences. By targeting core stability and balance, functional fitness prepares your body to perform in a variety of common situations. The key is activating smaller stabilizer muscles not used in other forms of exercise. Also, emphasis is placed on working several areas of the body at once, rather than isolating a particular muscle or group of muscles.

KNOCKOUT- Martial Arts inspired, high energy cardio workout. Go for the K.O. in every class and win the fight!

MONDAY MIXER- A mix of all your favorite cardio and strength classes

POWER PUMP - Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

SILVER SNEAKERS- Cardio Circuit- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.



GROUP EXERCISE DESCRIPTIONS (Continued)



SILVER SNEAKERS- CLASSIC- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and cardio activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Segment are fun, easy to follow, and set to music from the 40's, 50's, 60's, and 70's.

SILVER SNEAKERS YOGA- Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

SPIN- High energy indoor cycling led by a motivating instructor and accompanied by unique playlist of powerful and energizing music. Achieve strong, toned, and shapely legs while burning calories and improving cardiovascular health.

STEP COMBO- Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

STEP- Intense aerobics using step and risers. Step burns up to 60% more calories than traditional aerobics with emphasis on hips, abs and buttocks

STRONG NATION- combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

VIN-YIN YOGA- Tuesday class focuses on Vin which is more energetic with a Vinyasa style flow. Friday is Yin for a more relaxed and grounded slower flow. Sundays are a mix of both styles.

YOGA FLOW -Steadily builds its pace over the course of the practice. After a short meditation you will be moving into a sequence of standing postures and lunge poses, finishing with mindful meditation and stretches.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you've got it!

ZUMBA TONING- Shake things up! Zumba Toning uses 1.5-2.5 lb maraca-like toning sticks during class, not your average dumbbells. Filled with sand, they will allow you to shake, rattle, and rock your way to leaner muscles and a sculpted shape.

FUN FOR LITTLE ONES

ACTIVITIES FOR PRESCHOOLERS

All guardians are asked to stay and assist children for the duration of the program.

LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. No Little Gymmers on holidays.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	Mon/Fri	10-11 am	2-6	\$1 per person attending, child and adult

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 573.874.7494 to arrange times and dates.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	Mon-Thur	By appt.	2-6	\$20 up to 20 participants; \$30 for 21-30 participants

Little Swimmers and Day Care Little Swimmers...see page 18.

For other preschool activities, see Arts Crafts and Leisure, Fitness, Dance and Aquatics.



DOUGHNUTS WITH THE EASTER BUNNY

Hop on over to visit with the Easter Bunny! We'll do a little mini Easter egg hunt, craft and enjoy some yummy doughnuts too! Parents, don't forget your camera! Pre-registration required. Open to children ages 2-5 with an adult participant.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
310788-01	Tu: Apr 12	10-10:45 am	2-5 w/adult	\$6



ACTIVITIES FOR PRESCHOOLERS (Continued)

All guardians are asked to stay and assist children for the duration of the program.

STAR WARS DAY

"May the 4th" be with you! It's Star Wars Day! In a galaxy far, far away (also known as Hillcrest Community Center) we'll have fun with Star Wars crafts and activities. You can even dress up as a Star Wars character or wear your Star Wars shirt if you have one (optional). Pre-registration required..

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
310799-01	W: May 4	10-10:45 am	2-5w/adult	\$6

NEW! THIS LITTLE PIGGY

If you like Peppa, Wilbur, Hamm, Babe, Pumbaa, Porky, Miss Piggy, or just regular pigs on the farm, this piggy party is for you! We'll do some pig-themed crafts and have a yummy snack! Oink, oink! Pre-Registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
310717-01	Th: May 19	10-10:45 am	2-5 w/adult	\$6



BUBBLE BASH

It's a bubble blowout! Come make your own bubble wand, blow lots of fun bubbles, and make other bubble-related crafts! Pre-registration required.

Location: Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
310713-01	Tu: Jun 14	10-10:45 am	2-5 w/adult	\$6

NEW! NATIONAL BOMB POP DAY

It's National Bomb Pop day! Come enjoy one of these yummy summer treats, and do some fun crafts to celebrate summer! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
310718-01	Th: Jun 30	10-10:45 am	2-5 w/adult	\$6

In the event of inclement weather, please call 874-7663.

This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

ACTIVITIES FOR KIDS AND TEENS

GAMING



NBA 2K22 PLAYOFFS

Are you the king of the court? Prove it during our NBA 2K22 playoff tournament. Pick from a pool of NBA playoff teams in this single-elimination tournament. The champion will take home their own championship trophy. Must register in advance, 16 person maximum. First come first served. Contact Jay. Bradley@como.gov to register.

Location: Recreation Room @ Armory Sports Center

Activity #	Date	Time	Age	Price
314804-01	Th: Apr 14	5:30 pm	10-17	Free

Five Ways to Register:

- Online:** Go to www.Como.gov
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



GOLF FACILITIES

L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653)

- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

Eighteen beautifully manicured holes conveniently located in the Cosmopolitan Recreation Area. The course provides a challenging, fun, but "walkable" layout. The generous landing areas & large greens provide a great golfing experience.

Par: 70

Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • (573) 499-GOLF (4653)

- 18-hole golf course • Swimming Pool • Driving Range
- Riding carts and continuous cart paths
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

A very popular golf destination for area players. Traditional layout offers a good mix of medium length par fours, doglegs, and excellent putting surfaces.

Par: 71

Yardage: 6,378 - Blue tees, 6,084 - White tees, 4,901 - Red tees

Lakes: 3, 2 in play • Terrain: Relatively flat

Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees

Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees, 113 Red tees

Dir: Located east of Columbia. Take I-70 to the Lake of the Woods exit. Go NE on St. Charles Road.

2022 GOLF FEES

Green Fees 3/1-10/31	9-Holes	18-Holes
Mon-Fri	<u>Walking</u>	<u>Walking</u>
-Adult	\$14	\$22
-Senior (60 & over)	\$12	\$18
-Twilight 2:00pm	\$12	\$18
-Super Twilight 6pm	\$9	\$14
-Junior (17 & under)	\$11	\$11

Saturday/Sunday/Holidays

-Adult	\$28	\$28
-Twilight 2:00pm	\$15	\$24
-Super Twilight 6:30pm	\$9	\$14
-Junior (17 & under)	\$14	\$14

Winter Green Fees 11/1-2/28

Mon-Fri	9-Holes	18-Holes
	<u>Walking</u>	<u>Walking</u>
-Adult/Senior	\$14	\$18
-Twilight 2:00pm	\$12	\$14
-Junior (17 & under)	\$11	\$11

Saturday/Sunday/Holidays

	9-Holes	18-Holes
	<u>Walking</u>	<u>Walking</u>
-Adult	\$24	\$24
-Junior (17 & under)	\$12	\$12

Annual Passes good at both courses. All passes non-refundable. All prices are approved by City Council on an annual basis. Prices valid 10/1/21-9/30/22.

PASSES AND OTHER FEES

	<u>Any Day</u>	<u>Any Day w/Cart</u>
Individual (30-59)	\$ 880	\$1,608
Adult +1	\$1,496	\$2,734
Senior (60 & over)	\$ 704	\$1,432
Senior Couple (both 60 & over)	\$1,197	\$2,435
Young Adult (18-29)	\$ 704	\$1,432
Junior (17 & under)	\$ 440	
Junior Limited (May 1-Sep 30)	\$ 220	

Trail Fees

Daily Trail Fee	\$ 16
Annual Trail Fee	\$619

Cart/Club Rentals

Riding Carts	
9 Holes \$8 per person	
18 Holes \$16 per person	
Pull Cart \$5	
Golf Club \$15	

Driving Range

Small	\$4
Medium	\$7
Large	\$10

*Adult plus 1 is defined as two persons residing at the same residence. Senior Couple pass is limited to two persons 60 and over residing at the same address. Each course is available for scheduling private tournaments. Please call 874-7538 or 874-7539 to reserve your spot.

STAY UP TO DATE WITH OUR MOBILE APPS AND BY FOLLOWING US ON FACEBOOK & TWITTER.



L.A. Nickell Golf Course
Lake of the Woods Golf Course
L.A. Nickell: @lancprd
Lake of the Woods: @lowcprd



FAMILY NIGHT

Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics! Festivities begin with a hot dog dinner, then at 6 pm we'll move to the driving range for a free clinic to introduce youth and adults to the game of golf and your chance to take a shot at Golfzilla. Everyone will have the chance to play 1 or 2 holes on the course before wrapping up with a raffle. All participants will receive coupons for future use at L.A. Nickell. No equipment or prior experience necessary. Pre-registration is required, registration will open on the 15th of the month prior to the event. Enrollment limited to first 80 participants. Please sign up for just one family event per summer so that we can accommodate more

families wishing to learn the game of golf. Thank you for your understanding.

Location: L.A. Nickell Golf Course

Activity #	Date	Time	Age	Price
308400-01	May 27	5:30-8:30 pm	All	Free
308400-02	Jul 8	5:30-8:30 pm	All	Free
308400-03	Aug 5	5:30-8:30 pm	All	Free



JUNIOR GOLF LESSONS

Designed for juniors interested in learning the basics of golf, instructor will cover grip, stance and swing.

Instructor: Dan Frost

Location: Lake of the Woods Golf Course

Activity #	Date	Time	Age	Price
308806-01	Th: Jun 9-30	6-7 pm	10-15	\$60

ADULT GOLF LESSONS

Designed for beginners interested in learning the basics of golf in a group setting. Instructor will cover grip, stance, full swing, rules, course etiquette, pitching, chipping and putting. Participants will spend the last session on the course playing different games they've learned.

Instructor: Drew Geritz

Location: Lake of the Woods Golf Course

Activity #	Date	Time	Age	Price
308100-01	Th: May 5-26	6-7:30 pm	18+	\$60
308100-02	Th: Jul 7-28	6-7:30 pm	18+	\$60

TUESDAY SCRAMBLE GOLF LEAGUE

May 10-June 28, 5:30 pm shotgun start, L.A. Nickell

July 12-Aug 30, 5:30 pm shotgun start, Lake of the Woods

Each Tuesday, take part in a two-person, 9-hole scramble golf league.

Registration starts Monday morning before the event and ends at 10 am the day of the event. Call 499-GOLF to register. Tournament is limited to the first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of \$10 per person plus \$12 green fee and cart fee. Annual pass holders pay \$10 per person, plus cart fee.



2022 GOLF TOURNAMENTS JUNE 25-26

Two-person tournament, check at the courses for details.

THREE-PERSON SCRAMBLE

Saturday, May 14 at L.A. Nickell, 9 am shotgun start

Sunday, May 15 at Lake of the Woods, 9 am shotgun start

NIGHT FLIGHT GLOW GOLF

August 26, 8:30 pm shotgun start, L. A. Nickell

Call 874-7538 or 874-7539 to sign up



MUSIC



NEW! INTRO TO GUITAR

This class aims to introduce children to the fundamentals of guitar playing! They will learn the necessary techniques for fretting, strumming and holding their instrument, as well as basic chords and songs. This class is open to children regardless of prior experience. Children must bring their own guitar and a notebook to write in. Contact 874-6379 for more information, or to register. Limited spots available.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
313905-01	W: Apr. 6 – Jun. 8*	6-7 pm	6-11	\$60

NEW! INTRO TO PIANO

Want to learn to play music? Piano is a great beginning instrument. It is always in tune and is easy to make sound. In this course, you will learn to read and play music and have fun too. This is intended as an introductory course to kindle interest while providing enough skill to have fun whenever a piano is available. Access to a keyboard/piano is recommended but not required. Pre-registration required due to limited space.

Activity #	Date	Time	Age	Price
313911-01	Tue & Thur: Apr 5 – May 26	6-7 pm	6-10	\$60

OUTDOORS



BACKPACK CAMPING: LEAVE THE RV AT HOME!

The best way to connect with nature is to get away from the RV campgrounds and crowds, and learn how to be comfortable in remote wild areas. Learn basic packing, hiking, fire building, cooking and setting up camp skills. A great class for people looking to connect with nature and adventure, or Baby Boomers who want to get more active in retirement. First class meets at Hillcrest Community Center, other classes will meet at Rock Bridge State Park and Three Creeks Conservation Area. There could be an opportunity to follow up the class with a weekend backpacking trip for an additional fee if there is enough interest. Pre-registration required.

Instructor: Mike Snyder

Location: Hillcrest Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
312101-01	W: Apr 6-Apr 27	5:30-7:30 pm	18+	\$59

NEW! BIG MUDDY BOAT RIDE SERIES

The Missouri River is a majestic place to be experienced by motorboat. Join us for a 2-hour interactive experience where you will learn what mysteries the longest river in North America holds. Safety talk and life jackets will be provided before boarding the motorboat. Don't miss this exciting boat ride experience led by Missouri River Relief staff. Children must be accompanied by an adult. Pre-registration required.

Location: Cooper's Landing Riverside Resort & Marina

Activity #	Date	Time	Age	Price
314305-01	Sa: May 14	11:30am-1:30pm	4-adult	\$25
314305-02	Sa: May 14	2-4 pm	4-adult	\$25
314305-03	Sa: May 14	4:30-6:30 pm	4-adult	\$25
314305-04	Sa: Jun 4	11:30am-1:30pm	4-adult	\$25
314305-05	Sa: Jun 4	2-4 pm	4-adult	\$25
314305-06	Sa: Jun 4	4:30-6:30 pm	4-adult	\$25

SELF IMPROVEMENT & STUDY SKILLS



CLASS FOR YOUTH AND TEENS

AFTER SCHOOL TUTORING AND MENTORING

Open to all ages! Come by the Armory for tutoring for your homework assignments, open Monday-Friday from 3-7 pm during the school year. Many of the volunteer tutors are provided by MU's Office of Service Learning. Available September through second week of December and February through the second week of May.

PROFESSIONAL DEVELOPMENT AID

Need help creating or editing your resume? Want to practice interviewing for a job? Maybe you just want to learn how to tie a tie. Professional Development Aid can help with all the basics of finding and obtaining employment. This program is completely free, but by appointment only. Contact 573-874-6379, or email Jay.Bradley@como.gov to set up an appointment.

SOCIAL ACTIVITIES



DESIGNED FOR 50+

Hillcrest Community Center, the Moss Building and Waters House are home to daytime activities with adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr. Stop by between 9 am-4 pm or call 573.874.7475. You can also find us and our programs and activities online at CoMo.gov (search Senior/50+).

Participation in recreational activities, programs and tours requires an annual membership. For a small additional amount, Parks and Recreation and Osher @ Mizzou will offer a "Combo Membership" that will add Friday Brown Bag seminars, the weekly email and This Week at Osher.

PUZZLE LIBRARY

Come by Hillcrest Community Center and check out all of the puzzles to borrow. There is no fee for 50+ members and a \$2 fee for non-members. Borrow the puzzle for one month, return it and try another one! There is a variety of puzzles to choose, ranging from 200 pieces up to 1,000 pieces.



MAH JONGG

Mah Jongg is played 5 days a week through the Hillcrest Community Center. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up for you, or would like to join a group or substitute for a group, inquire at the Hillcrest front desk at 573.874.7475. Using National Mah Jongg League rules, the

game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

Monday through Friday

Waters House, 2104 Hillcrest Drive

Hillcrest Membership required

People interested in playing, call 573.874.7475 to find out availability



EVENING MAH JONGG

Need more time to play Mah Jongg? Join us on Tuesday evenings for more play time! Register by calling the front desk at Hillcrest Community Center, 573.874.7475 or email HCC@CoMo.gov. Play will be at Hillcrest, not the Waters House.

Tuesdays: 4:30-7 pm
Hillcrest Membership required

BINGO

Join us every Tuesday to play bingo for practical prizes. Come early to socialize (at a distance) and meet new friends. Bingo games begin at 2 pm.

Fridays, 2:00 pm
Hillcrest Membership required

MOVIE & POPCORN

Hang out after Pokeno on the first Friday of the month for a movie and popcorn. Movies will vary every month, so please check the monthly newsletter for which movie is being shown. Popcorn will be provided.

First Friday of the month, 3 pm
Hillcrest Membership required

FRIDAY NIGHT KARAOKE

Come sing your heart out on the first and third Fridays of the month. Price is \$3.00 for non 50+ members. To distance properly, only 20 people will be allowed. Each person MUST sign up in advance with Parks and Recreation (you will be turned away if you are not signed up), a mask must be worn, and no shared snacks allowed. Also, please have your song choices ready when signing up. Call 573.874.7475 to sign up.

1st and 3rd Fridays, 7-10 pm

CRAFTS



HEARTLAND RUGHOOKERS OF COLUMBIA

Learn a new skill or meet others with the same passion for rug hooking. The Rughookers meet twice a month, and you can drop in or stay for the day. Call 573.874.7475 for information. Hillcrest membership is required.

1st and 3rd Thursdays, 10:30 am-3 pm, Waters House

KNITTING GROUP

Drop in for a sociable afternoon of knitting. Other crafts such as crocheting and needlework are also welcome! Bring your projects to show for encouragement. Hillcrest membership required.

Tuesdays & Fridays, 1-4 pm, Hillcrest Community Center

PAINTING

Join our painting groups as they use a wide variety of media including oils, watercolors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors. There is no formal instruction. Hillcrest membership required.

Mondays, 9 am-12 pm
Thursdays, 1:30-3:30 pm



DIY MONTHLY CRAFT

Learn how to make simple crafts and other DIYs (do it yourself) on the third Friday of the month at 2 pm (right after Pokeno). All supplies will be provided.

Third Friday of the month: 3 pm
Hillcrest Membership required

SOCIAL HOUR CRAFTING

Calling all crafters!! Let us see what you are working on! Bring your supplies and hang out to socialize with other crafters on the fourth Wednesday of each month at 2 pm.

Fourth Wednesday of the month: 2 pm
Hillcrest Community Center

Five Ways to Register:

1. **Online:** Go to www.CoMo.gov
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Social Activities

SOCIAL ACTIVITIES



2022-2023 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST

For the past decade, the first Saturday of the month has meant Osher Saturday Morning Book Talks for book lovers. Local writers have discussed the inspiration and process of their writings, shared excerpts from those books, and answered questions from the audience. The series was halted in spring 2020 because of the pandemic, and in late spring of 2021, Kit and Cathy Salter, who had guided the talks all these years, moved from Columbia. But a group of regular attendees volunteered to keep the series going. Now that Osher is back to live sessions (with limited capacity), the Saturday Morning Book Talks will begin anew.

Once the series resumes, pastries and coffee will be available at 9:30 a.m., and the Book Talks will begin at 10 a.m. Book selling and signing will follow. This series is free for current Osher and Parks and Rec/Osher Combo members; all others, \$3 at the door or \$20 for a 10-event punch card.

Please sign up for the Osher e-newsletter to receive updates about specific plans for the 2021-2022 Osher Academic Year; as of the publication date of this publication, details are TBA. Visit osher.missouri.edu and scroll down to "Subscribe to the Osher weekly newsletter." Or you may contact the Osher staff at osher@missouri.edu or (573) 882-8189.

Osher @ Mizzou

Columbia Parks and Recreation is proud to collaborate with Osher@Mizzou. As part of MU Extension, the mission for Osher@Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging.

Osher@Mizzou invites you to "come as learners, leave as friends." They believe that curiosity never retires. All classes are currently through Zoom. Class catalogues and registration information are available on the Osher@Mizzou website:

www.osher.missouri.edu

SOCIAL ACTIVITIES AT THE ARMORY



SILVER AND GOLD SENIOR SOCIAL CLUB

Join this mature adult group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, pokeno, card games, arts and crafts, field trips or movies then join us! For more information call Mary Dewey at 573.817.5077 or email Mary.Dewey@CoMo.gov

Dates: Tuesdays

Armory Sports Center

Time: 2-4:30 pm

Ages: 55+

Cost: Free

MONTHLY COFFEE & CONVERSATION

We'll bring the coffee, you bring the conversation. Join us the second Wednesday of every month for an unstructured get together. Get to know local community members, and discuss anything that's on your mind. Contact 573.874.6379, or email Jay.Bradley@como.gov for more information.

***Only months that school is in session**

Activity #	Date	Time	Age	Price
Drop in	2nd Wed/month*	10:30-11:30 am	18+	Free



CLASSES FOR YOUTH

YOUTH SOCCER

See insert, pages 38 & 39.

YOUTH FOOTBALL

See insert, pages 40 & 41.

TENNIS LESSONS

Day	Time	Age	Price
Session I – May 2-19 at Rock Quarry Courts:			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50
Session II – June 6-23 at Cosmo Courts:			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50
Session III – July 5-25 at Shepard Courts:			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50
Session IV – August 8-25 at Rock Quarry Courts:			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50
Session V – Sept 6-26 at Shepard Courts:			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50

For information and to register, call Rick Odor at 573-442-3713. Rick has 32 years of experience.



YOUTH RUGBY

Coordinated with the Columbia Rugby Club, this 8-week season will introduce boys and girls to a non-contact version of rugby. Each week will consist of a 45-minute practice followed by 45 minutes of flag rugby. All registrants will also receive a rugby ball and t-shirt for participating. No additional equipment required, no experience necessary.

Location: Gans Creek Rec Area

Activity #	Date	Time	Age	Price
315928-01	Tu: Jun 14-Aug 2	6-7:30 pm	6-8	\$40
315928-02	Tu: Jun 14-Aug 2	6-7:30 pm	9-11	\$40
315928-03	Tu: Jun 14-Aug 2	6-7:30 pm	12-14	\$40

HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have fun while they work on different aspects of physical fitness. Pre-registration required, no daily drop-in fee allowed.

Location: Court 1 @ARC

Activity #	Date	Time	Age	Price
307509-01	Th: Apr 14-Apr 21	1:30-2:30 pm	10-17	\$7
307519-01	Th: Apr 14-Apr 21	2:30-3:30 pm	5-9	\$7

MOM AND SON SPORTS CHALLENGE OBSTACLE COURSE

Ready for battle to see who is the best athlete in your family? Bring your mom or another mother figure in your life for an evening of friendly competition running through our sports obstacle course. You will be dribbling, throwing, balancing, and running. Please make sure to bring your own water bottle. Pre-registration required due to limited space. For more information or to register contact 573.817.5077 or Mary.Dewey@como.gov.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
315430-01	W: May 11	5:45-6:45 pm	6-14	\$7 per team of two

FATHER AND DAUGHTER SPORTS CHALLENGE OBSTACLE COURSE

Ready for battle to see who is the best athlete in your family? Bring your dad or another father figure in your life for an evening of friendly competition running through our sports obstacle course. You will be dribbling, throwing, balancing, and running. Please make sure to bring your own water bottle. Pre-registration required due to limited space. For more information or to register contact 573.817.5077 or Mary.Dewey@como.gov.

Location: Armory Full Gym @ Armory Sports Center

Activity #	Date	Time	Age	Price
315431-01	W: Jun 15	5:45-6:45 pm	6-14	\$7 per team of two



SMALLER BALLERS TYKE BASKETBALL

Get an early start with this youth basketball skills development program for 4-7 year olds. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time on lowered goals. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.

Location: Gym @ Armory Sports Center

Activity #	Date	Time	Age	Price
315903-01	W: Jul 6-Aug 3	5:45-6:45 pm	4-5	\$36
315903-02	W: Jul 6-Aug 3	7-8 pm	6-7	\$36

SPORTING COLUMBIA

sportingcolumbia.net



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Recreational Registration:

May 1 - June 30
Late fee apply July 1

Age groups:
U4-U18 boys & girls

Fall games
begin September 10

Competitive Registration:

Registration opens May 1

Age groups:
U8-U19 boys & girls
Tryout dates: June 12-16

Sporting KC
Youth Soccer Camp:
TBD Cosmo Park

Sporting Columbia SC
PO Box 7506
Columbia, MO 65205

sportingcolumbia.net

MAKE OUR CLUB YOUR CLUB!

Sporting Columbia SC is Central Missouri's premier youth soccer program, providing a positive soccer experience for over 1500 youth soccer players in recreational and competitive divisions. The Club is committed to developing the player, the person and the team. These goals will be accomplished by promoting player development, sportsmanship, and teamwork for every level of soccer.



**STAY UP TO
DATE ON
SOCIAL
MEDIA!**



/SportingColumbiaSC



SportingColumbia



@SportingCSC

Football: the Ultimate Team Sport

Every kid dreams of playing football and in CYFL every kid plays!

Recreational Tackle Football is open to 3rd - 6th Graders in Columbia!

Tackle fees are only \$175.00. Teams practice two to three nights per week at Cosmo Park. Teams are formed by grade and High School Zones. Uniforms and equipment are provided. Minimum play rule ensures every child gets a chance to play.

Come join the Jr Bruins, Jr Kewpies, or Jr Spartans TODAY!



Flag Football is open to all K - 3rd Graders in Columbia!

Flag fees are only \$85.00. Teams practice up to twice per week with games on Sundays.

CYFL Also Offers:

*Spring Flag Football
Fall Competitive Tackle Football
Spring and Fall Cheerleading*





To register on-line or for more information, please visit:

www.columbiayouthfootball.com

Player development & safety is our highest priority!



COACHES WANTED!

All CYFL Coaches are required to complete:

- Background Checks
- USA Football Certified Coaching Education Program
 - Tackle or Flag Certification
 - Concussion Awareness
 - Heads Up Tackling SM safety program
- Certified Athletic Trainers onsite



Out of Town Players are Welcome!

Columbia Youth Football League is an all volunteer, non-profit 501 (c) 3 youth sports program.

Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052

Contact us at: cyfl.information@gmail.com



Sports

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Registration runs through May 1; a late fee of \$5 will be assessed after that date. Forms are available at the Parks & Recreation office, the ARC, the Armory Sports Center & online at CoMo.gov. Volunteer coaches and umpires are needed. For more information, call 874-6378. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

T-ball starts June 6; kid and coach pitch starts June 7

Location: Kelly Field at Douglass Park

Activity #	Date	Time	Age	Price
315901-01	M, W: (T-Ball)	6 pm & later	5-6	\$30
315902-01	Tu, Th: (Coach Pitch)	6 pm & later	7-8	\$30
315910-01	M, Th: (Kid Pitch)	6 pm & later	9-10	\$30



FREE YOUTH BASEBALL CLINICS

Coordinated by Douglass Baseball board members and coaches, these clinics are free and open to boys and girls ages 5-10. Kids will rotate through multiple stations and drills covering baserunning, throwing, catching, batting, pitching, etc. Clinics end with hot dogs and chips, and autograph sessions with college/high school players. League Board Members and the League Coordinator will be on hand to register players for the upcoming season as well as answer any questions concerning the league. Call 573-817-5077 for information.

Location: Kelly Field at Douglass Park (rain-out location Armory Sports Center)

Activity #	Date	Time	Age	Price
NA	Sa: April 9	9 am - 12 pm	5-10	Free
NA	Sa: April 30	9 am - 12 pm	5-10	Free

COLUMBIA YOUTH INTRO TRACK & FIELD MEET

Learn about track and field in this meet! Open to youth ages 6-12 (born 2010-2016). Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8am-5pm. Forms are also online at CoMo.gov. Deadline to turn in forms and payment is April 21. No walk up registrations will be allowed the day of the event. For more information, call 874-7460. Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.

Location: TBA

Activity #	Date	Time	Age	Price
315904-01	Sa: Apr 23	9 am check in 10 am event starts	6-12	\$8

BLUE THUNDER TRACK OUTDOOR SEASON

Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice. The outdoor season is April-July. Participate in some or all phases, it is your choice. Please call 874-6378 or email bluethundertrackclub@gmail.com or camren.cross@como.gov with inquiries. Visit www.leaguelineup.com/BlueThunderTC for more information. Registration can be completed online, or forms can be downloaded there, or picked up at the Armory Sports & Community Center (701 E. Ash). Payment (cash, check or money order) can be brought to the Armory Sports & Community Center M-F 8a-6p beginning Monday, March 14.

First practice is Tuesday, April 5, 6pm at Stephens Lake Park on the lower east side. Note: Runners will need to invest in a pair of running shoes. Those wishing to participate in the competitive aspects of the season may want to consider racing spikes; but it is not required.

Registration Day: March 12, 2-5 pm at the Armory Sports Center

Price: \$110



BLUE THUNDER TRACK CROSS COUNTRY

First practice 6 pm on Aug. 29 at Stephens Lake Park

Price \$55

Attention young runners! Come run and compete with other 6-14 year olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, flat land, dirt, and mud. Practices will be held in City parks and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championships meets. Registration and payment will be accepted starting July 1. Registration can be done at the Armory Sports Center or bring it to the first practice. Go to www.leaguelineup.com/BlueThunderTC or email Camren.Cross@como.gov for more information.

ACTIVITY CANCELLATION HOTLINE

Call 573.874.7663 for cancellation information. Sports field cancellations are announced at 4 pm. After 5 pm, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to CoMo.gov/ParksandRec



MID-MO LACROSSE LEAGUE

Youth, grades 3rd-8th

Join the fast growing sport of lacrosse! No experience necessary. Lacrosse is a spring sport that combines contact with the fast pace of soccer and the strategy of basketball. It's a ball and stick game where the objective is to shoot a five-ounce rubber ball into the opposing team's goal, while preventing the opposing team from doing the same. Teams have 10 players and each team has four positions (attack, defense, midfield and goalkeeper). Players in each position must master the basic skills of catching, passing, cradling and scooping the ball off the ground, while in motion.

2022 DATES TO REMEMBER

Season begins March 22

Practices held every Tuesday and Thursday, 6-7:30 pm at Cosmo Park

Games: Sunday afternoons at Cosmo Park

Register at www.youthcomolax.org to get notifications about the 2022 season and other events such as summer camps and possible fall season.

INTRODUCTORY FREE CLINICS AT COSMO PARK

Dates to be determined,
check **www.como.gov** for more information
Extra equipment available for clinics.

ACTIVITIES FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ONLINE AT CoMo.gov

ADULT VOLLEYBALL

Summer Volleyball

Registration: Now until filled.

Leagues Available: Monday, CoRec B and Over 50

League play: May-June; games at 6, 7, 8, or 9 pm

Fall Volleyball

Registration: Packets available July, registration through late August or until filled

League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Location: Columbia Sports Fieldhouse



ADULT SOFTBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

SPORTS OFFICIALS NEEDED

Adult Softball | Youth Softball | Youth Baseball

Adult Volleyball | Youth Football

For more information call 573.874.7466.



ACTIVITIES FOR ADULTS (Continued)



ADULT KICKBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets at CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT TENNIS LESSONS

Day	Time	Age	Price
Session I – May 3-29 at Rock Quarry Courts:			
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session II – June 7-23 at Cosmo Courts:			
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session III – July 5-25 at Shepard Courts:			
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session IV – August 8-25 at Rock Quarry Courts:			
Tues/Thurs	6:30-7:30 pm	Adults	\$50
Session V – Sept 6-26 at Shepard Courts:			
Tues/Thurs	6:30-7:30 pm	Adults	\$50

For information and to register, call Rick Odor at 573-442-3713. Rick has 32 years of experience.

ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? Pass cards available at the Armory front desk.

Location: Gym @ Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	M-F	10 am-2 pm	18+	\$10/mo or \$2/use

ACTIVITY CANCELLATION HOTLINE

Call 573.874.7663 for cancellation information. Sports field cancellations are announced at 4 pm. After 5 pm, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to CoMo.gov/ParksandRec

SUMMER CAMPS/"NO SCHOOL" ACTIVITIES . . .



SCHOOL'S OUT DAY OF PLAY TOURNAMENTS

Don't sit at home on your early out/day off from school. Come to the Armory and participate in one of our School's Out Day of Play Tournaments. These tournaments are completely free and no registration is required. Just show up and play!

Location: Downstairs Recreation Room @ Armory Sports Center

Activity #	Date	Time	Age	Price	Activity
Drop in	W: Mar 16	3 pm	8+	Free	Pool
Drop in	W: Mar 30	3 pm	8+	Free	Ping Pong
Drop in	W: Apr 13	3 pm	8+	Free	Foosball
Drop in	W: May 11	3 pm	8+	Free	Air Hockey

Summer Camps & “No School” Activities



CAMP COMO KIDZ

Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on April 7 at 7 am. Each camper will pay a \$50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at CoMo.gov. Online registration is not available for this camp. Please contact the Activity & Recreation Center (ARC) at 573.874.7700 to register.

Location: Riechmann Pavilion @ Stephens Lake Park

Activity #	Date	Time	Age	Price
303950-01	M-F: Jun 6-Jun 10	7:30 am- 5:30 pm	6-13	\$125
303950-02	M-F: Jun 13-Jun 17	7:30 am- 5:30 pm	6-13	\$125
303950-03	T-F: Jun 21-Jun 24	7:30 am- 5:30 pm	6-13	\$100
303950-04	M-F: Jun 27-Jul 1	7:30 am- 5:30 pm	6-13	\$125
303950-05	T-F: Jul 5- Jul 8	7:30 am- 5:30 pm	6-13	\$100
303950-06	M-F: Jul 11-Jul 15	7:30 am- 5:30 pm	6-13	\$125
303950-07	M-F: Jul 18-Jul 22	7:30 am- 5:30 pm	6-13	\$125
303950-08	M-F: Jul 25-Jul 29	7:30 am- 5:30 pm	6-13	\$125
303950-09	M-F: Aug 1-Aug 5	7:30 am- 5:30 pm	6-13	\$125
303950-10	M-F: Aug 8-Aug 12	7:30 am- 5:30 pm	6-13	\$125





Summer Camps & "No School" Activities



AFTER SCHOOL AND SUMMER RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, XBOX360, standup arcade machine, or just watch a movie. There is always something to do!

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	M-F during school	2:30-7 pm	6+	Free
Drop in	M-F during summer	10 am-6 pm	6+	Free

ARMORY SUMMER CAMP

Daily camp activities include arts and crafts, computer activities, science experiments and sports. Weekly events include: visits from local organizations, swimming at Douglass Family Aquatic Center, field trips, and lunch in the park. Please call Jay at 573.874.6379 for more information.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
303916-01	M-F: Jun 13-Jul 8*	8 am- 5 pm	6-8	\$110
303916-02	M-F: Jul 11-Aug 12	8 am- 5 pm	9-12	\$150
303916-03	M-F: Jun 13-Jul 8*	8 am- 5 pm	6-8	\$110
303916-04	M-F: Jul 11-Aug 12	8 am- 5 pm	9-12	\$150

*No camp 6/20 or 7/4

NEW! MISSOURI RIVER ADVENTURE CAMP

Are you ready for an adventure? Explore the Missouri River by motorboat and by land! Be prepared to witness majestic birds, catch slimy fish, investigate wondrous forest critters, participate in a river clean up, go on hikes, games and so much more. Field trips will include Rock Bridge State Park, Eagle Bluffs Conservation Area, and motorboating on the Missouri River. Don't miss this fun new adventure camp led by Missouri River Relief. Pre-registration required.

Instructors: Missouri River Relief staff

Location: Waters-Moss Shelter @ Waters-Moss

Activity #	Date	Time	Age	Price
303917-01	Mon-Fri: Jul 25-29	7:45 am-5:15 pm	9-13	\$170



CAMP SLIME

Get ready for a week of messy fun! Everything from shaving cream slip n' slide, to slimy crafts, to gooey projects, to squishy games and more. A fun day camp with a messy twist. Wear clothes and shoes that can get stained and dirty. Bring sack lunch, water bottle, sunscreen, swimsuit, towel, goggles, water shoes and change of clothes. Pre-registration required. Due to limited spots, we ask that participants enroll in just one session so others can have fun at Camp Slime.

Location: Moss Bldg. Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
303914-01	M-F: Jul 11-Jul 15	7:45 am- 5:15 pm	6-9	\$145
303914-02	M-F: Aug 1-Aug 5	7:45 am- 5:15 pm	6-9	\$145

Dance camps, see page 24.



BEAR CREEK HALF MARATHON COUCH TO CREEK

The Bear Creek Half Marathon Couch to Creek Training Group is a 20-week beginners' training group that will take new runners from their "couch" to "creek" (Bear Creek Run Half Marathon) with twice weekly group sessions on Tuesday evenings and Saturday mornings. Trainers will lead the group on training runs and provide cross training and nutritional information as you prepare to conquer 13.1 miles. Class fee includes registration to the Bear Creek Run Half Marathon on October 29 (\$60) and training group performance fabric shirt.

Location: Meet at MLK Memorial shelter at Stadium Blvd trailhead

Activity #	Date	Time	Age	Price
307302-01	Starts June 7	6:30 pm	16+	\$160



BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has quickly become a favorite race in Mid-Missouri. Runners and walkers have come to love the scenic course along the Bear Creek Trail as well as the encouraging volunteers, great race shirts, finisher medals and awards by local artists. The 13.1 mile course starts and finishes at Albert-Oakland Park and takes participants to Columbia's Cosmo Park and back on 80 percent gravel trail. "Inspiration Hill" will keep runners motivated as they approach the half-way point. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course. Registration includes professional chip timing, unique age group awards, finisher medal, performance fabric shirt and post race food. Maximum 250 racers.



Location: Bear Creek Trail

Please register by Oct 14 to be guaranteed shirt size. Deadline to register is noon on Oct 27.

Activity #	Date	Time	Age	Price
307300-01	Oct 29	8 am	12+	\$60*

* Advance registration required

Five Ways to Register:

- Online:** Go to www.CoMo.gov
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Special Events

WOMEN'S MONTH ACTIVITIES

Women's History Exhibit

In celebration of Women's History Month come to the Armory Sports Center and see a display of famous women from the state of Missouri, open from 8 am to 6 pm throughout the month of March. This exhibit is free and open to the public. Groups are welcome.

WOMEN'S INSPIRATION TREE

Come into the Armory and add an inspirational quote, poem, or story to our inspiration tree. These can be from historical women, or someone you find inspirational from your own life. Simply write it down and add it to our tree. The tree is located downstairs in our Women's History Exhibit.

WOMEN'S MONTH FILM

"Joy"

Come enjoy the true story of self-made millionaire Joy Mangano, who struggles to pursue her inventing ambitions, while juggling a complicated family life. Through her struggles and triumphs she rises to become the founder and matriarch of a powerful family business dynasty. Call 573-874-6379 for more information.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	W: March 9	6 pm	16+	Free

ANNUAL TRAIN SHOW

Saturday, March 19, 10 am-3 pm

Paquin Tower, 1201 Paquin St

All aboard! See a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfan and Columbia Parks and Recreation. Admission is free.

BOY SCOUT SCOUT-O-RAMA

Saturday, April 9, 9 am - 3 pm | Armory Sports Center, 701 E Ash | Free

This large indoor/outdoor event will feature scouting groups in our community showcasing games, crafts, activities, skills and more. Come out and see what area Scouts have learned and accomplished over the years!

KITE FLYING DAY

Bring your kites and let's have a great time! A limited number of kites will be given to children that do not have one to fly. The contest categories are largest flying kite, highest flyer and best homemade kite that flies. Prizes will be awarded to winners. The event is FREE!

Location: Douglass Park

Activity #	Date	Time	Park	Price
Drop in	Sa: Apr 9*	12-2 pm	Douglass	Free
	Rain date 4/23			

EGGSTRAVAGANZA BAGS

If you prefer not to attend the Easter egg hunt, you can still celebrate Easter safely with our EGGstravaganza bags! We are happy to provide these holiday-themed bags to Columbians knowing the pandemic has impacted many families. Bags include 25 candy-filled plastic eggs so you can have your own hunts at home. Hide them inside or outside, the choice is yours. One bag per household while supplies last. For more information, call 573.874.7460 or email Mary.Dewey@como.gov

Location: Armory Sports Center

Activity #	Date	Age	Time	Price
319413-01	M-F: April 1-15	12 and under	N/A	\$7



EGG HUNT

EGGSTRAVAGANZA

Two hunts, two different parks! Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. Each event will have three separate hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting,

games and a pinata. NOTE: Please call 817-5077 if you or your organization would like to volunteer by hosting a game or activity.

Activity #	Date	Time	Park	Price
Drop in	Sa: Apr 16	12-1:15 pm (hunt 12:45)	Douglass	Free
Drop in	Sa: Apr 16	3-4:15 pm (hunt 3:45 pm)	Indian Hills	Free



STEPHENS LAKE AMPHITHEATER
CONCERT SERIES
Columbia Parks and Recreation

*Bring a blanket or lawn chair and join us for free concerts!
Concessions available, carry-in food & drinks also allowed.*

KIDS SERIES

April 28, 6 pm, Marty the Magician | June 2, 6:30 pm, Will Parker
August 4, 6:30 pm, Being Bilingual Rocks with Alina and Hamlet

TRADITIONAL SERIES

June 25, 7 pm, Missouri Symphony,
Sponsored by the Office of Cultural Affairs and the Missouri Arts Council
July 7, 7 pm, Columbia Community Band
September 1, 7 pm, BXR and Darkroom Records Teen Band Showcase



Daniel Boone
Regional Library



MISSOURIAN
COLUMBIA'S LOCAL NEWSPAPER



DOUGLASS PARK HERITAGE DAY
Saturday, May 7, 3-6 pm | Douglass Park

Sponsored by:



Healthy Blue

The unofficial opening of Douglass Park for the summer! Activities include balloons and face painting, lawn games for kids and adults, live music and entertainment, free food and family fun. Free for all ages. Bring your lawn chair and enjoy your neighborhood park!

BIKE SAFETY RODEO

Saturday, May 14, 9-11 am | Rain date: May 21

Karis Church parking lot, 606 Ridgeway Ave.

Are you a kid who loves to ride your bike? The Rodeo will feature a 9-step skill course for everyone from ages 3 to 16 years old. The course will have safety rules you need to know. We will also register bikes and hand out helmets for kids who do not have one, while supplies last.



TONS OF TRUCKS

Wednesday, May 25, 4-7 pm | Target wing parking lot, Columbia Mall

Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all. (For families of children with sensory sensitivities, we also hold a Sensory Friendly Touch-a-Truck in October. The August Leisure Times activity guide will contain more details).

Sponsored by:

COLUMBIA MALL



MOVIES IN THE PARK

Sponsored by:



Healthy Blue

2nd Friday of each month, May through Sept

COSMO PARK

FREE, show up early for concessions and to grab a great seat. Movies are shown on a giant inflatable screen, so grab a blanket or lawn chair (and maybe a favorite stuffed animal) and join us under the stars. Free to attend courtesy of Healthy Blue.

May 13, 8:30pm

Presenting Sponsor: Burrell Behavioral Health

LUCA (PG)

"Luca" is a coming-of-age story about one young boy experiencing an unforgettable summer filled with gelato, pasta and endless scooter rides. Luca shares these adventures with his newfound best friend, but the fun is threatened by a deeply held secret: he is a sea monster from another world just below the water's surface.

June 10, 8:45pm

SOUL (PG)

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

July 8, 8:45pm

ENCANTO (PG)

The Madrigals are an extraordinary family who live hidden in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift -- every child except Mirabel. However, she soon may be the Madrigals last hope when she discovers that the magic surrounding the Encanto is now in danger.

August 12, 8:30pm

JUNGLE CRUISE (PG-13)

Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal -- a discovery that will change the future of medicine.

September 9, 7:45pm

SHANG-CHI AND THE LEGEND OF THE TEN RINGS (PG-13)

Martial-arts master Shang-Chi confronts the past he thought he left behind when he's drawn into the web of the mysterious Ten Rings organization.



Sponsored by:





Special Events

FAMILY FUN FESTS

*Third Wednesday
of the Month
May through
September,
from 6-8 pm,
FREE!*

Entertainment for the entire family will include music, food trucks, live performances, art activities, hands-on learning, face painting, balloon art, and fun for all!

MAY 18: BEE KIND TO YOUR MIND

*Featured Sponsor: Burrell Behavioral Health
Cosmo Park*

May is Mental Health Awareness Month. This month, we'll embrace the healing power of nature and learn how to care for the Earth and ourselves.

So take a deep breath of fresh park air, and join us to learn about pollinators, native plants, and self-care.

JUNE 15: JUNETEENTH JAMBOREE

Cosmo Park

Join Parks and Recreation along with other community organizations to commemorate Juneteenth. Learn more about this important holiday through music, dance, arts and other activities.

JULY 20: HEALTHY HABITS

*Featured Sponsor: HealthyBlue Clary-Shy
Community Park*

July is Parks and Rec Month, so join us at the MU Health Care Pavilion (home to Columbia's Farmers Market) to learn and experience exciting ways to keep your body happy and healthy.

AUGUST 17: BE PREPARED!

*Featured Sponsor: Boone County Office of Emergency Management
Albert-Oakland Park*

This month, Family Fun Fest focuses on the ways that kids and their families can take care of community, nature, and themselves in unexpected situations. We'll learn about safety, weather, and helping others at this new theme for 2022.

SEPTEMBER 21: CREATIVE KIDS

*Featured Sponsor: Columbia Office of Cultural Affairs & Missouri Arts Council
Albert-Oakland Park*

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

Sponsored by:



ParentLink
University of Missouri

FOOD TRUCK ROUNDUPS AT COLUMBIA FARMERS MARKET

*2nd and 4th Wednesdays, May 25 – Sept 14, 3-7 pm
MU Health Care Pavilion at Clary-Shy Park*

Shop the market and grab an easy dinner. Join us at Columbia Farmers Market's Wednesday markets on the second and fourth Wednesdays for a roundup of your favorite mid Missouri food trucks! Dates: May 25, June 8, June 22, July 13, July 27, August 10, August 24, September 14



TAKE THE PLAYGROUND CHALLENGE!

May 16-Sept 5

We want you to have a fun summer while enjoying park playgrounds! Did you know that Columbia's park system has 49 parks with playgrounds? Each one has a variety of play features and many have loop trails and shelters with picnic tables. Our challenge for you is to go outside and explore your park playgrounds all summer long. Visit playgrounds at 10 or more different parks, track your visits, and turn in your completed tracking sheet to Parks and Recreation! All participants will receive a small prize. Visit 20 parks or more and you will be entered in a grand prize drawing for a \$100 Parks and recreation gift certificate. Visit CoMo.gov in May for more information and tracking sheets.

JUNETEENTH PBS FILM SERIES

Join us each Wednesday from June 8 – 29 to screen an informative and educational PBS documentary on the history of Juneteenth. Screenings will begin at 6 p.m., and will be held in the conference room at The Armory Sports Center. Completely free and open to all. Contact 874-6379 for more information.

JUNETEENTH HISTORY DISPLAY

Come in and experience a small display about the history of Juneteenth. This exhibit is free and open to the public. Groups are welcome.

Location: Downstairs Classroom @ Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	Jun 1-30	8 am-6 pm	All	Free

FIRE IN THE SKY INDEPENDENCE DAY CELEBRATION

The 70th annual celebration of an American tradition. See back cover for details.



SPLAT! JR OBSTACLE COURSE MUD RUN

The annual Splat Jr. Obstacle Course brings the muddy fun back to the Gans Creek Recreation Area on Saturday, July 9, 2022. The Splat challenge is for kids ages 4-15 years old.

Depending on age, participants will complete a 1K (4-5 year olds), 2K (6-8 year olds) or 3K (8-15 year olds) course including walls, pipes, tires and, of course, lots of mud! The Splat course and obstacles are designed to be age-appropriate in difficulty and distance. There are 10 waves at this year's event, each having a 125-participant cap. Waves 7-10 (8 to 15-year-olds) are great for families and groups with kids in more than one age group who want to run together. Please note that this is a longer course for 8 year-olds than WAVES 3-6. Splat is a great event for individual kids, siblings or groups (sports teams, birthday parties or any group wanting to take part in a unique and memorable event). Registration includes a t-shirt, Splat finisher medal and Splat bag. Each wave has a 125 participant cap, so register early! Registration opens March 2, 2022

Location: Gans Creek Rec Area

Activity #	Date	Time	Age	Price
307906-01	Sa: Jul 9	8:30 am	4-5	\$30
307906-02	Sa: Jul 9	8:45 am	4-5	\$30
307906-03	Sa: Jul 9	9:15 am	6-8	\$30
307906-04	Sa: Jul 9	9:30 am	6-8	\$30
307906-05	Sa: Jul 9	9:45 am	6-8	\$30
307906-06	Sa: Jul 9	10 am	6-8	\$30
307906-07	Sa: Jul 9	10:30 am	8-15	\$30
307906-08	Sa: Jul 9	10:45 am	8-15	\$30
307906-09	Sa: Jul 9	11 am	8-15	\$30
307906-10	Sa: Jul 9	11:15 am	8-15	\$30

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MISSOURIAN
COLUMBIA'S LOCAL NEWSPAPER

DJ IN THE PARK

June 25, July 16, August 6; 4-6 pm | Douglass Park

A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.



LAWN CHAIR CONCERT IN THE PARK

Sunday, July 17; 3-5 pm | Douglass Park

Bring your lawn chair and blankets to the park and enjoy this free concert with great music!

COOLIN' DOWN WITH THE BLUES

Sunday, August 7, 4-7 pm | Douglass Park

Sponsored by:



Healthy Blue

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids while the adults enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer. .

INDIAN HILLS BLOCK PARTY

Saturday, Aug 20, 12-2 pm | Indian Hills Park

Sponsored by:



Healthy Blue

Join Parks and Recreation for a fun and free event. Activities include face painting, balloons, lawn games for kids and adults, live music and entertainment, food, plus family fun. Free for all ages.



Special Events



KALEIDOSPOKE

Location: Meet at Flat Branch Park

Get ready to GLOW with your bike on the MKT Trail. This non-competitive, family friendly, supported, night time ride takes participants from Flat Branch Park to Twin Lakes Recreation Area and back for an approximately 8 mile round trip ride. The trail will be illuminated like you've never seen it before and you won't want to miss it! The relaxed ride leaves Flat Branch at dusk; once at Twin Lakes riders will enjoy s'mores by the bonfire with live music and entertainment before showing off their GLOW on the return ride to downtown. Walt's Bike Shop will join us before the ride at Flat Branch Park for any last minute, minor bike maintenance as well as offering support on the trail during the ride. Helmets and front and rear bike lights will be required. Children under 16 must be accompanied by an adult. Registration will include a bike accessory, glow item and s'mores.

Activity #	Date	Time	Age	Price
318403-01	Sa: Aug 27	7-10:30pm	8+	\$18

Sponsored by:



MISSOURIAN
COLUMBIAN LOCAL NEWSPAPER

COMING THIS FALL...

Watch for the next Leisure Times, coming out August 10, for details.



YAPPY HOUR

Saturday, Oct 15

Twin Lakes

Recreation Area

Food, live music, craft beers and room for Fido to roam! This popular event will be back at Twin Lakes this fall. Sponsored by KPLA, KFRU, NASH FM, BXR and Q106.1

STORYTELLING IN THE PARK

Saturday, Sept 10

Douglass Park

Storytelling and craft bags for families and kids!

SPECIAL EVENTS CALENDAR

MARCH

- 9..... **WOMEN'S MONTH FILM**
"Joy" Armory Sports Center, 6 pm, Free
- 19..... **ANNUAL TRAIN SHOW**
Paquin Tower, 10 am-3 pm, Free

APRIL

- 9..... **BOY SCOUT SCOUT-O-RAMA**
Armory Sports Center, 9 am-3 pm, Free
- 9..... **KITE FLYING DAY**
Douglass Park, 12-2 pm, Free
- 16..... **EGG HUNT EGGSTRAVAGANZA**
Douglass Park from 12-1:15 pm, Indian Hills Park from 3-4:15 pm, Free
- 23..... **COLUMBIA YOUTH INTRO TRACK AND FIELD**
Location TBA, 9 am check in, \$8
- 28..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Marty the Magician, 6 pm, Free

MAY

- 7..... **DOUGLASS PARK HERITAGE DAY**
3-6 pm, Free
- 13..... **MOVIES IN THE PARK**
Luca, Cosmo Park, 8:30 pm, Free
- 14..... **BIKE SAFETY RODEO**
Karis Church parking lot, 9-11 am, Free
- 16..... **TAKE THE PLAYGROUND CHALLENGE KICKS OFF**
- 18..... **FAMILY FUN FEST:**
BEE Kind to Your Mind, Cosmo Park, 6-8 pm, Free
- 25..... **TONS OF TRUCKS**
Columbia Mall, 4-7 pm, Free
- 25..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm

JUNE

- 2..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Will Parker, 6:30 pm, Free
- 8..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm
- 10..... **MOVIES IN THE PARK**
Soul, Cosmo Park, 8:45 pm, Free
- 15..... **FAMILY FUN FEST:**
Juneteenth Jamboree, Cosmo Park 6-8 pm, Free
- 22..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm
- 25..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Missouri Symphony, 7 pm, Free
- 25..... **DJ IN THE PARK**
Douglass Park, 4-6 pm, Free

JULY

- 4..... **FIRE IN THE SKY**
Entertainment at 6:30, Fireworks after 9 pm, Free
- 7..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Columbia Community Band, 7 pm, Free
- 8..... **MOVIES IN THE PARK**
Encanto, Cosmo Park, 8:45 pm, Free
- 9..... **SPLAT! JUNIOR OBSTACLE COURSE MUD RUN**
Gans Creek Recreation Area, Times vary according to wave, \$30
- 13..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm
- 16..... **DJ IN THE PARK**
Douglass Park, 4-6 pm, Free
- 17..... **LAWN CHAIR CONCERT IN THE PARK**
Douglass Park, 3-5 pm, Free
- 20..... **FAMILY FUN FEST:**
Healthy Habits, Clary-Shy Community Park, 6-8 pm, Free
- 27..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm

AUGUST

- 4..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Being Bilingual Rocks with Alina and Hamlet, 6:30 pm, Free
- 6..... **DJ IN THE PARK**
Douglass Park, 4-6 pm, Free
- 7..... **COOLIN' DOWN WITH THE BLUES**
Douglass Park, 4-7 pm, Free
- 10..... **FOOD TRUCK ROUNDUPS**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm
- 12..... **MOVIES IN THE PARK**
Jungle Cruise, Cosmo Park, 8:30 pm, Free
- 17..... **FAMILY FUN FEST:**
Be Prepared!, Albert-Oakland Park, 6-8 pm, Free
- 20..... **INDIAN HILLS BLOCK PARTY,**
Indian Hills Park, 12-2 pm, Free
- 24..... **FOOD TRUCK ROUNDUPS,**
MU Health Care Pavilion at Clary-Shy Park, 3-7 pm
- 27..... **KALEIDOSPOKE,**
Flat Branch Park to Twin Lakes Rec Area, 7-10:30 pm, \$18



Hinkson Creek Trail: Stephens Lake Park to Conley Road (coming soon-Clark Lane)

Construction is partially complete on the planned 1.1 mile concrete extension of the Hinkson Creek Trail: Stephens Lake Park to Clark Lane. The trail is now open from Stephens Lake Park to Conley Road, via a pedway on East Walnut. Parks and Recreation has plans to continue the trail to Clark Lane, including travel under I-70, at a later date. This portion of the trail will be completed in conjunction with Missouri Department of Transportation improvements at the I-70 and Highway 63 interchange.



LEISURETimes

SPRING / SUMMER 2022
Columbia Parks & Recreation Dept.
7th & Broadway, 1 S. 7th St.
P.O. Box 6015 • Columbia, MO 65205-6015
Monday–Friday 8am–5pm
Phone (573) 874-7460
Fax (573) 874-7640
Recreation Hotline
(573) 874-7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced week-days after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

Administrative Staff
Mike Griggs, Director
Gabe Huffington, Assistant Director
Erika Coffman, Recreation Services Manager
Zach Nikin, Park Services Manager
Visit our Web page CoMo.gov

The activities and services included in LeisureTimes span a six-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Splat Jr. Obstacle Course Mud Run

Five Ways to Register:

1. Online: Go to www.CoMo.gov
2. Walk-in: You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. Phone-in: If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. Mail-in: Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. Fax-in: Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

DID YOU KNOW?



**Columbia Parks and Recreation
has planted more than 2,400 trees
over the last five years for our
community's environmental health.**

COLUMBIA PARKS AND RECREATION IS A MEMBER OF



**A National
Gold Medal
Department**



If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573-874-7460.

As a recipient of federal funds from the U.S. Department of Interior, the Columbia Parks and Recreation Department operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act Under Title VI; the U.S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans With Disabilities Act.



**JOIN US TO CELEBRATE
INDEPENDENCE DAY!**

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We insure peace of mind.®



**Visit CoMo.gov
for event details**

**SUMMER
FUN**

**Join us for
FREE
Family Fun!**

*Check the Special Events section
for details on these event series...*



Movies in the Park



Stephens Lake Amphitheater Concerts



Family Fun Fest

